

In cooperation with the Wyandotte Recreation Department
and Wyandotte Karate 

NEW CLASS!

Intuitive Yoga

A yoga practice designed for the beginner, based on gentle, nurturing poses that will help you explore your mind, body, and spirit. Excellent for stress relief and positive rejuvenation!

Taught by Kelly Sharpy

Certified Yoga Instructor



REGISTER NOW!!!

4 Class Session: February 4, 11, 18, 25

Saturday Mornings 8:30 - 9:30 AM

Class Fee \$70

Wear clothing appropriate for moving. Bring a yoga mat or towel and a water bottle.

If shoes are worn on the training floor, they must be clean and soft-soled.

Classes held at Wyandotte Karate 4076 Biddle Avenue

Please register in person at Wyandotte Karate Mon-Thu after 5:30

For information call (734) 709-7125