Yoga & Mindfulness
four week introductory course

In this four-week course, you will begin to develop a foundation for building a yoga and mindfulness practice. We will explore different yoga poses, breathing techniques, and mindful principals to enhance your daily routine. Come as you are!

Cost: $55
Mondays at 7 pm March 23, March 30th, April 6th, & April 13th

Hazel Park Recreation: (248) 547 5535
620 W. Woodward Heights Hazel Park, MI www.hazelpark.org