



# BELIGHTFUL YOGA

**At Spirit of Grace Church**

**2399 Figa Ave., West Bloomfield Twp.**

**Invest in Your Well-Being!**

**Only \$7 per class! Pay as you go.**

**Monthly Rate \$25**

**Call (248) 682-0770 with any questions.**

*All Abilities Welcome ★ Bring a mat*

**Belightful<sup>®</sup>**  
**YOGA**

[WWW.BELIGHTFULYOGA.COM](http://WWW.BELIGHTFULYOGA.COM)

WEDNESDAYS

11 AM—NOON

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THROUGHOUT  
SUMMER

July

August

September

2017

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INCREASE STRENGTH &  
FLEXIBILITY

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MAINTAIN BALANCE

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MAKE NEW FRIENDS

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REMAIN ACTIVE & FIT

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STAY YOUNG AT HEART!