



Start the New Year Right With

BELIGHTFUL YOGA FOR SENIORS

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[®]
YOGA**

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**WEDNESDAYS
11 AM—NOON**

**JANUARY
FEBRUARY
&
MARCH
2018**

**INCREASE STRENGTH &
FLEXIBILITY**

MAINTAIN BALANCE

MAKE NEW FRIENDS

REMAIN ACTIVE & FIT

STAY YOUNG AT HEART
