



BELIGHTFUL YOGA FOR SENIORS

At Spirit of Grace Church

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Only \$7 per class!

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Belightful[®]
YOGA

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WEDNESDAYS
11 AM—NOON

APRIL—MAY—JUNE
2018

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FLEXIBILITY

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MAKE NEW FRIENDS

REMAIN ACTIVE & FIT

STAY YOUNG AT HEART

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Call (248) 682-0770 with
any questions.

All Abilities Welcome
Bring a mat