

# Belightful<sup>®</sup> YOGA



## Chill Out with Slow Flow Yoga @ the Library

Connect with yourself and support joyful, whole well-being for your body and mind

### Yoga Thursdays in 2018

March 22

June 28

September 27

December 13

All Abilities and Experience  
are Welcome

All sessions 6:30-7:30 PM

Please pre-register for this program  
online at [chelibrary.org](http://chelibrary.org). Questions?  
Contact Belightful at 248.560.7744 ext 3  
or [anne@belightfullyoga.com](mailto:anne@belightfullyoga.com).

### Join Us!

**Yoga is for everybody...**no matter how flexible you are (or aren't). Feel the physical benefits of building strength, balance and muscle tone. Experience the mental aspects that reduce stress.

### Everyone is Welcome

No prior yoga experience is necessary. Please bring a mat and wear loose comfortable clothing.



[www.belightfullyoga.com](http://www.belightfullyoga.com)

Be light. Be full. Be .tm