



Yoga for Wellness

Fridays
10:15 - 11:15 am

Presented by Denise N. Johnson, RYT 200, YWT, Always Time for Yoga, LLC.

Increase your flexibility, end achy-back "syndrome" maintain upper body strength and tone up. **Release, Renew, Relax, Restore!**

This yoga class is open to all individuals regardless of fitness level.

No prior yoga experience is necessary. Yoga for Wellness will focus on maintaining the strength, length and flexibility of the spinal column as well as the fluidity of the thirteen main bodily joints, maintenance of bone density, major muscle groups and health of the internal organs.

Bring your mat and your water! Registration is required.

Donations accepted for St. Jude's Children's Hospital.

**Pinckney Community Public Library
125 Putnam Street, Pinckney, MI 48169
734-878-3888, www.pinckneylibrary.org**