

CENTER FOR YOGA workshop series presents

YOGA ARM BALANCE

with Kelli Harrington



Sunday May 2nd
1:00pm - 2:30pm
Center For Yoga – Ann Arbor

Learn tips and techniques to balance your mind and body. Practice along side Kelli and understand how to use your core strength and mind to get into positions you never thought possible! Kelli will also end the class with special long holding YIN poses.

SPACE IS LIMITED! REGISTER TODAY!

CENTER FOR YOGA
ANN ARBOR – 734-769-YOGA (9642)

Please visit www.centerforyoga.com 24-hours prior to event for any change announcements.

Get balanced with Kelli – Sunday May 2nd, 2010

Class Cost: \$20** / \$25 **for registration received by APRIL 25TH, 2010
NO CANCELLATIONS OR REFUNDS AFTER APRIL 25TH, 2010

REGISTRATION FORM

Name: _____ Date: _____

Address: _____

Phone: _____ Email: _____

Payment Method: check visa mastercard Media Release: Unless checked here, you give your

Account #: _____ Exp _____ permission for Temple Arts to use photos and

_____ comments which you may be featured.

cardholder's signature



This workshop qualifies for
continued Teacher Training education