

# Berkley Parks & Recreation



## Yoga Classes

### Yoga Blend (16 and up)

All levels welcome! Options for both beginners and experienced yogis offered. Come as you are! This is an alignment based class that focuses on breath. Build strength through establishing and holding poses that progress into a steady flow.

*\$9 fee to Drop-In*

#### Yoga Blend:

Tuesdays 5:30-6:25 pm

Beginning January 8<sup>th</sup>

Instructor: Sarah Rollins

Saturdays 9-10:00 am

Starting February 9<sup>th</sup>

Instructors: Casey Miller  
& Ari Martoia

#### **\$43 for 6 weeks**

Take advantage of the great  
"twofer" price of \$75 for both days

\*Add \$5 for non-residents



\*Bring a Yoga mat to class

Register today at the Berkley Community Center  
2400 Robina 248-658-3470 [www.berklemich.org](http://www.berklemich.org)