

Post-Thanksgiving Rejuvenation Yoga Class-

encouraging your body's extra digestive power!
at Every Body Happy YOGA & Healing Center

Friday, November 26th, 2010

9:30am – 11am



Here's an opportunity to move your body into balance and release "turkey torpor"! Join Patty Hart for a playful and informative yoga class the day after Thanksgiving. Lot's of gentle twists, spinal extensions and kriyas to stimulate your digestive process and prepare for the inevitable "leftovers"...

Every Body Happy YOGA & Healing Center
107 Aprill Drive, Suite 4
Ann Arbor

(part of the Aprill Wellness Center)

734-645-7251

www.everybodyhappy.net