

Soothe & Restore

Weekly Yin Yoga Class at Grove

Relax the body ~ Restore the mind ~ Soothe the Soul

Join us for the ultimate self-care experience: a weekly yin yoga class to calm & balance you in body, mind, and mood. You'll love the sense of deep peace & restoration that it brings.

Research shows yin yoga to be effective in reducing stress, tension, fatigue, anxiety & depression, while enhancing sleep quality & emotional well-being. Come feel it for yourself!

Thursday evenings from 8-9pm
\$15 per class, drop-in style
All levels, adults & teens welcome

Grove Emotional Health Collaborative
214 S. Main St, #206, Ann Arbor

Taught by Anique Pegeron, M.A., R.Y.T.
Yoga & Mindfulness Teacher

Contact Anique for more info:
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