



# Gentle Yoga Therapy

A practice for all levels in a welcoming environment

## Integrative Medicine

Fridays, 12 to 1 p.m.

Beaumont Medical Center, West Bloomfield

6900 Orchard Lake Road

Suite 310

*Learn postures, mindfulness and breathing techniques that can help you:*

- Increase strength, balance and stability
- Learn how your posture, breathing and state of mind affect your health
- Alleviate stress and find peace by learning to respond instead of react
- Take time to care for yourself to feel better and have more energy
- Practice joyful embodiment of the shape you are in today

### What to Bring/What to Wear?

Please wear comfortable clothing and bring along some water to drink. Yoga mats are not necessary for these classes.

*No prior yoga experience necessary.*

**Drop in rate: \$5 per class  
(cash or checks accepted)**

For more information please call:

248-551-9888

Beaumont