

Yoga Day at the OPC...

Saturday, March 21, 2015



OPC Auditorium

OPC members passes not valid for this event

Sponsored by  BOULEVARD
HEALTH CENTER

*"Yoga is the journey
of the self, through the self,
to the self."*

- the Bhagavad Gita

OPC
a
great
place
to
be 50+!

All Ages - All Levels Welcome

**Cost: 3 Sessions for \$25 or
1 Session for \$10**

Drop-in day of \$15 for one session

Session 1 - 11:00 am - 12:15 pm	Nancy McCaochan	Yoga Basics
Session 2 - 12:30 pm - 1:45 pm	Tracy Flynn	Gentle Yoga
Session 3 - 2:00 pm - 3:15 pm	Norma Byrne	Yoga Blend

Brings mats / water & blanket • light snack provided

For more information: 248.659.1021 or www.opcseniorcenter.org

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