



Wyandotte
**COMMUNITY
YOGA**
By Donation



**359° YOGA PRESENTS
YOGA OUTREACH CLASSES
BY NATALIE CUMMINGS
BENEFITING THE
WYANDOTTE SOUP KITCHEN**

Come enjoy community yoga classes that are fun, empowering and inclusive. Any and all bodies can practice yoga. If you are inspired to learn more or to develop a yoga practice, join Natalie as she guides you in this yoga class that gives back. Your donation serves those in need in the downriver area by benefiting the **Wyandotte Soup Kitchen.**

2 Sundays per Month | Time: 9:45 – 11 am (class starts at 10)
Dates: Nov 26, Dec 3, Dec 17, Jan 7, Jan 21, Feb 4, Feb 11, March 11
(future dates announced in February)

NEW STUDENTS, PLEASE ARRIVE AT 9:45 AM TO SIGN WAIVER

Location:

Wyandotte YACK Arena Warming Room. | 3131 3rd St, Wyandotte, MI 48192 | Enter main doors and turn left.

Suggested Donation: \$5 - \$10 (donations collected in cash on the day of the class)

All new to yoga are welcome. What to bring? A yoga mat. Mats will not be provided.

Extras? You can bring a blanket or a yoga block if you would like to support your yoga practice. All are welcome.

Children and teens can attend as long as they're not disruptive to the class.

Students under the age of 18 **MUST** be accompanied by a parent/legal guardian to the **FIRST** class they attend.

Students 15 years old and younger **MUST** be accompanied by a parent/legal guardian for **EVERY** class.

SIGN UP: 359yoga.com/community-yoga-at-the-yack