

Since 1999, a sanctuary for the * Mind * Body * Spirit

Lakeshore Yoga Center

3 Week Mini Session \$5 per class - any class

Celebrating our 11th Anniversary

Monday, August 16 - Saturday, September 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00 -12:15 Gentle Yoga	9:00-10:15 am Gentle Yoga	9:15-10:45 am Vinyasa	10:30 - 11:45 Gentle Vinyasa Flow Yoga	11:00 - 12:15 pm Restorative Yoga	10:00-11:15 Gentle Vinyasa
7:00 - 8:15 pm Gentle Vinyasa Flow Yoga	7:00 - 8:15 pm Gentle Yoga	5:30 - 6:45 pm Gentle Yoga	6:00-7:15 pm Vinyasa I		

Lakeshore Yoga Center, 715 1/2 Washington, Grand Haven, MI 49417 616.844.1900. Lakeshoreyoga.com