



Find upward bliss with downward dog.

Join thousands across the country for Yoga Day USA, a history-making celebration where yogis, novices, couch potatoes and triathletes, young, old and everyone in between join together to stretch mind, body and spirit through the practice of yoga.

JOIN US FOR



SATURDAY, JANUARY 23, 2010

Awake And Aware Living Yoga Studio

6 Classes - 8:45 a.m. to 4:30 p.m.

3331 Greenleaf Blvd (Parkview Hills Shoppes)
Kalamazoo, MI 49008

AM
8:45 - 9:45 Chanting/Pranayama Practice
10:00-11:00 Vinyasa Flow Yoga
11:15-12:15 Restorative Yoga

PM
1:00-2:00 Breath and Meditation
2:15-3:15 Hatha Yoga
3:30-4:30 Restorative Flow

Classes are Free and open to all levels. Please call: 269-352-7323 to register