



Yoga for Gardeners

with Pam Lindberg

Saturday, September 16, 1:00 - 3:00pm

Get ready for your fall garden and yard clean-up!

Preparation for gardening and yard work requires attention to backs, shoulders, wrists, knees and legs. During this workshop you'll learn:

- A sequence of yoga poses that help strengthen and prepare the body for gardening and yard work
- Yoga poses to do while working in the garden and yard
- Recovery poses for afterward

Fee: \$35

Location: Harmony Yoga of Ann Arbor
1955 Pauline Blvd. Suite 100B
Ann Arbor MI 48103

Please register by September 9. A minimum of 6 students is necessary to hold this workshop.

Registration

Name _____

Contact info (email or phone - please print neatly) _____

Address _____

Send check for \$35 to:
Harmony Yoga
1955 Pauline Blvd. Suite 100 B
Ann Arbor MI 48103
734-222-9088

Or register online from our Events page
HarmonyYogaAnnArbor.com/workshops

Questions? pamlindberg@att.net