

Yoga for Firearms Enthusiasts



When: Wednesday, January 31
6:00 - 7:15 p.m.
Where: Harmony Yoga of Ann Arbor
1955 Pauline Plaza, Suite 100B
Ann Arbor, MI
Cost: \$15
Teacher: Pam Lindberg, CIYT

**All sportsmen and sportswomen welcome!
No yoga experience necessary.**

The practice of yoga can enhance and support any other physical activity, including firearms and archery. Come to this special class to experience how yoga can benefit you.

Yoga can help improve your:

- Hand-eye coordination
- Steadiness
- Concentration
- Strength
- Flexibility
- Mobility in shooting

- Yoga mats are provided for your use. You are also welcome to bring your own.
- Wear clothes you can move in easily
- All yoga is done barefoot
- Free parking!

Questions about this class?

Contact Pam: pamlindberg@att.net
734-972-1911

Registration Form

Name _____

Phone # and email _____

(Please print neatly) _____

Check payable to Harmony Yoga of Ann Arbor 1955 Pauline Blvd. Suite 100B, Ann Arbor MI 48103
You may also register online at:
www.HarmonyYogaAnnArbor.com