



School of
Continuing Education &
Workforce Development

Wayne County Community College District

Presents



YOGA

for Everyone

BEGINNERS YOGA with TERRI GIBBONS

JUNE 21, 26, AND 28, 2018

3:00 P.M. – 4:00 P.M.

NORTHWEST CAMPUS

LARRY K. LEWIS EDUCATION CENTER • MEDIA LAB
8200 W. OUTER DRIVE, DETROIT, MI 48219

This enjoyable workshop will be done at a gentle pace in order to learn the foundational poses of yoga – opening, standing, shoulder and hip exercises, inversions, twists, backwards and forward bends, salutations, and finishing poses. This exciting workshop covers the principles of alignment and how to flow into the pose using breathing techniques.

PLEASE BRING

- Yoga mat
- Comfortable clothes
- Water
- Towel
- An open mind

Open to the Public at No Cost!



**For more information, please contact the School of Continuing Education
at 313-496-2704 or visit www.wcccd.edu**