



# AERIAL YOGA

## SUNDAYS THIS WINTER

Please join Kristy Deskovitz for another session of Aerial Yoga. Aerial Yoga is a beautiful and supportive way to practice Yoga! You will gain strength, poise, open your backbends and support your inversions. There is a maximum of 8 students per class and each using their own fabric/hammock. Please bring a mat and towel.

Pre-Registration is highly suggested! no refunds.

4 Sunday sessions

**FEBRUARY**

**5, 12, 19, 26**

\$20 per person/per day

**1:00 - 2:15 PM**

# YOGA SHELTER GROSSE POINTE

313.884.YOGA (9642)

[www.yogashelter.com](http://www.yogashelter.com)

