



# Day After Thanksgiving Yoga Classes

at Harmony Yoga of Ann Arbor  
Friday November 24

Join us again for our yearly Day After Thanksgiving classes! Come to one or both.

### Focus on Twisting

10:00 a.m. - 11:15 a.m.

Work off those mashed potatoes and pumpkin pie with many standing and seated twists. Some inversions and other relevant poses will be presented to round out the sequence if there's time. Twists and inversions are great for the digestive system!

### Focus on Restorative Poses and Pranayama

11:30 a.m. - 12:45 p.m.

Ahhhh! This is a great way to de-stress after your busy Thanksgiving Day. Practice quiet, supported seated and supine poses, along with some simple pranayama (breath work).

Please register and pay early. You are not registered until you pay. Space for drop-ins is not guaranteed.

Not available for use as make-ups or with drop-in cards.  
No refunds after Monday, November 20

### Fees

- \$20 for Focus on Twisting only
- \$20 for Focus on Restoratives only
- \$35 for both classes

Name \_\_\_\_\_

Contact info (phone and / or email) \_\_\_\_\_

Circle classes you'll attend    10:00 Twists                      11:30 Restorative

Fee paid \_\_\_\_\_

Register online or send payment to:  
Harmony Yoga  
1955 Pauline Blvd. Suite 100 B  
Ann Arbor MI 48103

Questions? [karen@HarmonyYogaAnnArbor.com](mailto:karen@HarmonyYogaAnnArbor.com)  
[www.HarmonyYogaAnnArbor.com](http://www.HarmonyYogaAnnArbor.com)