

ALL
SKILL
LEVELS
WELCOME

NEED TO RECHARGE? JOIN US FOR YOGA!



SEP 21
10:00

WAYNE STATE UNIVERSITY
MATTHAEI CENTER
DETROIT, MI

OCT 12
10:00

UNIVERSITY OF
DETROIT MERCY
DETROIT, MI

NOV 9
10:00

THE MAPLEWOOD
COMMUNITY CENTER
GARDEN CITY, MI

Yoga provided by Mindful Detroit

Instructor: Caitlin Brown, LMSW, E-RYT 200

\$10 - NASW MEMBERS, \$15 - FUTURE MEMBERS

Details & Registration - www.NASW-MICHIGAN.org