



# YOGA

WITH JAMIE

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Saturdays: February 3 - March 9 (6 classes)  
10:00-11:00 am (arrive 5-10 mins prior to start)  
University Lutheran Chapel, Community Room  
1511 Washtenaw Ave, Ann Arbor, MI 48104  
Pay What You Want: suggested \$15 per class  
Drop-ins welcome



EMAIL JAMIE AT  
JAMIERENKEN@GMAILCOM  
WITH QUESTIONS

WANT MORE INFO?  
SIGN-UP!



This class provides a safe space to release tension and support your body, mind, spiritual and emotional well-being. Yoga uses breath and movement to slowly ease into stretches and postures that increase flexibility, balance, and strength. This is a great class for anyone who is new to yoga, hasn't practiced in a while, or just wants to unplug and unwind.

JAMIE RENKEN IS A REGISTERED YOGA TEACHER (RYT-200).