

GreenLeaf  Bodywork

YOGA

with Claire Balmas

MONDAY

Power Vinyasa Yoga

7:30 - 8:30 pm

WEDNESDAY

Ashtanga Yoga

7:30 - 8:45 pm

THURSDAY

Meditation

6:00 - 7:00 pm

SUNDAY

Ashtanga Yoga

11:00 - 12:15 pm



SIGN-UP TODAY at greenleafbodywork.com

\$16 class fee / Packages Available

GreenLeaf  Bodywork

Massage & Yoga

251 E. 9 Mile Rd, Ferndale • (248) 548 - 4838