



1527 EASTOVER PL. SUITE 5
 ANN ARBOR, MI. 48104
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 www.yogafocusannarbor.com

**DONATE YOUR STRETCH WEEK AT YOGA FOCUS
 TUESDAY, DECEMBER 5 - MONDAY, DECEMBER 11, 2017**

During this week of classes, teachers will offer free classes benefitting local non profits in our community. Students write a check or give cash at the class to one of the non profits listed below. You may write a check to a different cause but please include an addressed envelope to that non profit. Minimum donation is \$18, the value of a drop in, but you may donate more.

Most classes are Open Level unless noted. You may attend more than one class and you can make a donation even if you can not attend a class. Please join us in the spirit of good works and community service.

**INTERFAITH COUNCIL FOR PEACE AND JUSTICE
 SAFE HOUSE OF WASHTENAW COUNTY
 SHELTER ASSOCIATION OF WASHTENAW COUNTY
 YOUTH JUSTICE FUND**

**PEACE NEIGHBORHOOD CENTER
 MEALS ON WHEELS
 FOOD GATHERERS
 THE NEUTRAL ZONE**

DONATE YOUR STRETCH CLASS SCHEDULE

Day	Date	Time	Class	Instructor
Tuesday	Dec 5th	9:30 - 11:00am	Open Level	Marlene
		6:00 - 7:30pm	Open Level	David
Wednesday	Dec 6th	9:00 - 10:30am	Open Level	Karen
		6:00 - 7:30pm	Open Level	Alicia
Thursday	Dec 7th	9:00 - 10:30am	Open Level	Karen
		10:45am - 12:15pm	Open Level	Marlene
		12:30 - 2:00pm	Gentle	Marlene
		5:45 - 7:15pm	Open Level	Karen
		7:30 - 9:00pm	Pre Natal	Marlene
Friday	Dec 8th	9:30 - 11:00am	Open Level	Alicia
Saturday	Dec 9th	9:30 - 11:00am	Open Level (also make up class for November 11)	David
Monday	Dec 11th	9:00 - 10:30am	Open Level	Alicia

**WINTER SESSION STARTS MONDAY, JANUARY 8, 2018
 SPECIAL TOPIC WORKSHOPS AT YOGA FOCUS FEBRUARY 2 - 4, 2018
 YOGA FOCUS 25TH CELEBRATION FRIDAY, NOVEMBER 30, 2018**