

FREE Newcomer's Introductory Yoga Class



1st Thursday of the Month
Aug 6th
5:30-7:00 pm

No equipment needed, just
comfortable clothes and socks.

Please arrive 15-20 min. early.

More info at www.TalkOfTheTownYoga.com

Call 231-633-6033 to reserve your spot.



Traverse Wellness Center



Classes are held at:

2785 Garfield Rd. N, #C

Traverse City, MI

231-633-6033