



Yoga Practice

This workshop is designed to teach you how to recharge your body. We get physically, emotionally, spiritually, and chemically drained every day. Misty will teach you techniques to cleanse your body and recharge your energy. This class will involve a yoga practice, deep meditation and will end with a ki walk. Misty has been studying movement energy and breath for 20 years. Her priority in her teaching is to help others understand how to get more in tune with themselves. Our best teacher is within us.



Sunday
June 11th 8:30am



**69855 Rolen Dr.
Edwardsburg, MI 49112**

Contact Us

269-414-4113

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