

YAGD Teacher Class Listing

City	Teacher	Phone	E-mail / Website	Location / Phone / Web	Day / Time	Class Type(s) / Info
Auburn Hills	Jenna-Aviva Lee, RYT	248-276-3272		Pheonix Rising Yoga Therapy 248-933-4828		
Berkley	Tracy Hennessey, RYT	248-414-7949	thlhennessey@hotmail.com	Cana Lutheran Church	Mo 5:30-6:30 pm & Th 6:45-7:45 pm	Hatha Yoga with an emphasis on stretching and relaxation. Classes are appropriate for beginners as well as continuing
	Sherry Stone	248-588-3271		Berkley Community Ed., Avery School 248-837-8990	Tu 7:30-9 pm	
Birmingham	Yvette Cobb, RN, FNP (Bachan Kaur)	248-593-5583 248-227-3147	ycnature@pacbell.net	YC Yoga for Life Center, 502 Lewis Street, Suite 102, Birmingham, MI 48009	Classes each day	Sadhana, Kundalini Yoga, Meditation, Workshops, & Teacher Training
	Tracy Flynn	248-334-7381		Birmingham Community House 248-644-5832	Tu 6-7:30 pm & 7:45-9 pm	Vinyasa & Beginning
	Jana Kelly	248-549-8398		Birmingham Community House 248-644-5832	We evenings	
	Sandy Krafur, RYT	248-546-1145		Birmingham Community House 248-644-5832	Classes each day except Tu	Yin, Beginning, Continuing, Evening, Morning, Afternoon, Evening Hatha Yoga & Meditation ***Available for private instruction***
Bloomfield Hills	Jenna-Aviva Lee, RYT	248-276-3272		Christ Church of Cranbrook	Fr mornings	Beginners welcome
	Grace Seroka		gseroka@att.net	Manresa Jesuit Retreat Center 246-644-4933 www.manresa-sj.org	Mo 5:30-6:45 pm & Th 8:45-10 am	Christian Yoga
	Nan Richards	248-682-3699				***Available for private instruction***
	Katherine Schaefer		reiki_deva@hotmail.com http://gracefultransformations.blogspot.com	Karma Yoga www.karma-yoga.net	Th 7:15-8:45 pm	Intermediate Level - Walk in classes
Brighton	Jody Adams	810-844-0521			Mo/We 8:45-10:15 am & We 7-8:15 pm	All levels & pregnant women. ***Available for private instruction***
Canton	Dan Roney	313-271-9157		Olympian Chung Do Kwan Martial Arts School 734-844-8299	Tu 7:30-8:30 pm	Tia Chi/Chi Kung/Yoga
Clinton Township	Marty Mok, RYT			Henry Ford Macomb Professional Office 586-263-2410	We 6-7 pm & 7-8 pm, & Th 10-11 am	
	Rebecca Sobczak, E-CYI	586-775-0277	rebeccasobczak@yahoo.com	Total Health Systems, 19 Mile & Garfield 586-228-0270 TotalHealthSystem.com	Th 7:30-9 pm	All levels and body types welcome. Individual attention with focus on alignment and energy. Help with injury free sport activities and personal interests. Learn to understand your body mechanics. Can join any of the classes at any time. Drop-ins also available for all classes - join in at anytime. Certified. \$15 class depending on number of weeks.
Dearborn / Dearborn Heights	Gina Bedrosian	313-562-0030		Community Unity Center	We 9:30-11 am	
	Irene Bury	313-278-8046		Dearborn Comm. Ed. 313-827-1959	Mo 6-8 pm	
	Irene Bury & June Lee McCarthy, RYT	313-278-8046 248-347-0899		Cherry Hill Presbyterian Church		Summer/Winter breaks only
	Dianna Kinaschuk	313-274-1990		Dearborn Comm. Ed. 313-827-1959 Henry Ford Comm. Coll. 313-317-1506	We 6-7:30 pm Th 6-7 pm & 7:20-8:20 pm	Beginning and Continuing Levels
	June Lee McCarthy, RYT	248-347-0899		Dearborn Comm. Ed. 313-827-1959	Mo 6-7:15 pm & 7:30-8:45 pm	
	Ed Soltis	313-359-9082		U of M Dearborn	We 6-8 pm	
Detroit	Claudette R. Bond, RYT	313-407-0072	ab2290@wayne.edu www.detroit-yoga.com	Greater New Mount Moriah Missionary Baptist Church, 586 Owen, Detroit, 48202 313-871-8025	Tue 4:45-5:45 pm	Private classes by appointment.
				Wayne State University, Mort Harris Center	Mo 5:15 pm, Tu 7 am & Th 7 am	
	Delores David	313-272-4945		Unity Temple 313-345-4848	Mo 6-7:30 pm	
	Shirley Gill	248-258-0480		St. Timothys 313-366-7738	We 7-8:30 pm	
	Eddie Pierce, RYT	248-538-0023		Unity Temple 313-345-4848	Mo 12-1:30 pm	
Helene Rottenberg	313-832-2613			Mo & We evenings		

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Detroit	Rebecca Sobczak, E-CYI	586-775-0277	rebeccasobczak@yahoo.com	Detroit Zen Center, 11464 Mitchell St. 313-366-7738 detroitzencenter.org	Mo 7-8:30 pm	All levels and body types welcome. Individual attention with focus on alignment and energy. Help with injury free sport activities and personal interests. Learn to understand your body mechanics. Can join any of the classes at any time. Drop-ins also available for all classes - join in at anytime. Certified.
Farmington	Dawn Priebe	248-408-2691		Dancing Feats, 33425 Grand River (parking & entrance at rear of bldg.)	Tu 7-8:30 pm & Sa 8-9:15 am	Basic Level 1, call for more information ***Available for private instruction***
Farmington Hills	Debbi Kause, RYT	734-425-3045		Mid American Studio Indoplex Circle 248-477-5248 www.midamericanfit.com	We 11:00 am	Level 1
	Katherine Schaefer		reiki_deva@hotmail.com http://gracefultransformations.blogspot.com	Mid American Studio, 24425 Indoplex Circle 248-477-5248 www.midamericanfit.com	Su 10-12 noon	Level 2 - (Look under workshops at site)
Ferndale	Shirley Gill	248-258-0480		Zion Lutheran Church	Tues. 7:00-8:30 p.m	Continuing
	April Smith			Gerry Kulick Comm. Ctr. 248-544-6767	Mo 6:30 pm & 7:30 pm	Better Back, Neck, Shoulder & Eischens Energy Flow
Garden City	Lynda Herman			Fast Pace Fitness, 28055 Ford Rd. 734-524-9502	Th. 7-8:30 pm	\$5 Drop-in
				Maxwell's 734-427-5300	Mo 5:30-7 pm	\$5 Drop-in
	Debbi Kause, RYT	734-425-3045		P.K.S.A. Studios, 6315 Middlebelt Rd. 734-522-7718		Call for info
	Audrey Pleasant	313-562-5937		Garden City Hosp. 734-458-3242	Tu 4 pm	Also see Westland location.
Grosse Ile	Michael Wysner, MSW, RYT	734-946-9558		Maplewood Comm. Ctr. 734-793-1853	Mo 1:30-2:30 pm & Tu 6:30 pm	Basic/Beginner level. Drop-ins welcome.
				Grosse Ile Rec. Dept. 734-787-9002 734-675-2364	Tu 6 pm & 8 pm	Beginning & Intermediate ***Available for private instruction***
Hamtramck	Pam Dear			Detroit Zen Center, 11464 Mitchell St., Hamtramck 313-366-7738 detroitzencenter.or	Tu 6-7:30 pm & Sa 9:30-11 am	
Harper Woods	Robert France, RYT	313-884-4958		Harper Woods Rec. Dept. 313-343-2560	Mo 6:30-7:45 pm & Th 10-11:15 am	
Harrison Township	Tom King	586-709-0618	thataddedtouch1@wowway.com	Metropolitan Beach, East end of 16 Mile Road (Metropolitan Beach Hwy.)		Held on the beach June to September 1 (No class if it's raining.) Instructor is a founding YAGD member.
Huntington Woods	Rebecca Sobczak, E-CYI	586-775-0277	rebeccasobczak@yahoo.com	Hunting Woods Recreation, 26815 Scotia Rd. (behind Detroit Zoo) 248-541-3030 jserr@ci.huntington-woods.mi.us	We 6-7:30 pm	All levels and body types welcome. Individual attention with focus on alignment and energy. Help with injury free sport activities and personal interests. Learn to understand your body mechanics. Can join any of the classes at any time. Drop-ins also available for all classes - join in at anytime. Certified.
Lake Orion	Suzanne Albert	248-802-6025	suealbert@att.net	Orion Twp. Parks & Recreation - Beautiful Friendship park 248-391-0304 www.orientwp.org	Tu 5:45 pm, Tu 7:20 pm, Th 10:00 am, & Th 7:00 pm	Beg./Gentle, Continuing, Open Class, & Exploration/varies ***Available for private instruction***
Livonia	Charles Baber, RYT	248-345-4867	chas5540@aol.com	Livonia Yoga Center 734-765-6090 www.LivoniaYogaCenter.com		Studio has about 20 classes a week. ***Available for private instruction***
	Claudette R. Bond, RYT	313-407-0072	ab2290@wayne.edu www.detroit-yoga.com	LA Fitness	Tu 8:30-9:30 am	Private classes by appointment.
	Sharon Brand	734-536-0556		Livonia Senior Center 734-466-2555	Tu 2:30 pm, We 9:30 am & Fr 9:15 am	
	Lauren Burtell, RYT	313-671-7909		Livonia Recreation 734-466-2900	Su 9-10:30 am & Th 8 pm	Special class each week, check schedule, Hatha Basic. Also available for on-site classes for companies in the Tri-County.
	Jan Chekirda, RYT	248-474-3641		Livonia Community Adult Education 734-744-2602		Hatha Yoga
	Karen Farkas	248-474-2309		Schoolcraft College 734-462-4413 www.schoolcraft.edu	Mo days; Tu & Th evenings	
	Stephanie Hembrough			Schoolcraft College 734-462-4413 www.schoolcraft.edu	Mo 7:10-8:30 pm	Flowing Yoga I
	Lynda Herman			Unity Church of Livonia 734-421-1760	Th 9-10:15 am	\$5 Drop-in.

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Livonia	Juli Jeffery, RYT			Livonia Public Schools 248-442-0090	Th 7-8:15 pm	Yoga from the Heart
				Schoolcraft College 734-462-4413 www.schoolcraft.edu	We 7-8:20 pm	Yoga to Renew & Restore
	Debbi Kause, RYT	734-425-3045		Livonia Community Adult Education 734-744-2602		Available for private instruction &/or classes of 6 or less students
				Livonia Yoga Center 734-765-6090 www.LivoniaYogaCenter.com		Available for private instruction &/or classes of 6 or less students
			Schoolcraft College 734-462-4413 www.schoolcraft.edu	Mo 5:30 pm, We 1:10 pm, Th 9:30 am, & Th 11:15 am	Available for private instruction &/or classes of 6 or less students	
Livonia	Helene Rottenberg	313-832-2613		Madonna University Cont. Ed. 734-432-5306	Mo & We	
	Diane Siegel-DiVita, RYT	248-344-0928		Schoolcraft College 734-462-4413 www.schoolcraft.edu	We 9:30-10:50 am & We 11-12:20 pm	Light Weights with a Little Yoga & Precision Yoga I - The Iyengar Way
Milford	Dawn Priebe	248-408-2691		Yogamation, 1101 Pine Ridge Rd. (off Commerce, 2 miles west of Main Str.) 734-787-9002	Mo 7:30-9 pm, We 7-8:30 pm, Th, 5:30-6:30 pm, & Sa 10:30-12 Noon	Basic Level 1- Strengthen and tone, increase flexibility, reduce stress, improve concentration, improve posture, and lower blood pressure
	Michael Wysner, MSW, RYT	734-946-9558		Yogamation, 1101 Pine Ridge Rd. (off Commerce, 2 miles west of Main Str.) 734-787-9002		Weight Mgmt. for Permenant Weight Loss: 8 wk. course including yoga & coaching (available 6 days a week!) with the latest information on weight mgmt. that goes well beyond ordinary weight loss clinics. Cardio Yoga: For those who have Coronary Artery Disease, who have had a cardiac event or who would like to avoid such an event. Gentle yoga with the latest research on what works.
Mount Clemens	Pat Hill	586-246-8926	bodhiseedyoga@gmail.com	Bodhi Seed Yoga & Wellness Studio, 81 Macomb Place	Mo 9 am, 10:30 am, We 9 am, 11:45 am, Th 9 am	Hatha Mixed Levels
Northville	Mimi Holland-Moritz, RYT			Northville Yoga Center 248-449-9642	Mo 10-11:30 am	Level 1-2
	Debbi Kause, RYT	734-425-3045		Northville Yoga Center 248-624-2448		
Novi	Lauren Burtell, RYT	313-671-7909		Novi Bally Total Fitness 248-349-7410	Sa 9:30 am	Also available for on-site classes for companies in the Tri-County
	Juli Jeffery, RYT			Botsford Center for Health Improvement (BHI) 248-477-6100	Tu 10-11 am, Tu 11:15-12:15 pm, & Th 9:30-10:30 am	"Yoga" and "Yoga Balance Basics"
	Debbi Kause, RYT	734-425-3045		Fit Zone for Women		
	June Lee McCarthy, RYT	248-347-0899		Novi Woods Elem. School Gym 248-449-1206	We & Th 7-8:30 pm	
Oak Park	Susie Rosenfeld	248-968-5332				Women Only yoga classes
	Sherry Stone	248-588-3271		Oak Park Community 248-691-7555	Mo 7:45-9:15 pm	
Oakland County	Barbara Swaab, eRYT	248-535-1496	barbaara.swaab@gmail.com	Various yoga sutdios and health clubs in Oakland County	Mo - Sa various times	Slow Flow, Aqua Yoga, Yoga for cancer survivors at Henry Ford Hospital, Vinyasa, Healthy Backs ***Available for private instruction***
Plymouth	Sharon Brand	734-536-0556		Heartland Health Center	Mo 6:00 pm & Th 6:00 pm	Please call Sharon prior to attending classes
	Nora Champion	248-348-5066		Plymouth Cultural Center	We 6-7 pm & 7:15-8:15 pm	
	Debbi Kause, RYT	734-425-3045		Plymouth Comm. Ed. 734-416-2940	Tu 6:15 pm	
Ray Twp.	Amy Tranchida			64255 Wolcott Road, Ray Twp., MI (586) 749-3358	We 7:30-8:30 pm	Slow Flow Yoga: April 6 - June 8 (No class May 4th or 25th) \$45 Walk-ins welcome (\$10/class)
Richmond	Mary Mieksztyn	810-727-7466			We 7:30-8:30 pm	
Rochester/ Rochester Hills	Tracy Flynn	248-344-7381		Oakland University Rec. Center 248-370-4732 www.oakland.edu	We 5:30-6:30 pm	Drop-in Yoga ***Available for private instruction***
				Older Persons Center 248-656-1403	Mo 2-3 pm, Tu & Th 11:45-1 pm	Beginning & Experienced ***Available for private instruction***
				Rochester Community Services 248-726-3165	Mo & We 7-8:15 pm	For all levels ***Available for private instruction***

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Rochester/ Rochester Hills	Tracy Flynn	248-344-7381		UpDog Yoga 248-608-6668 www.updogyoga.com	Mo 12-1 pm, Th 9:45-10:45 am, Fr 6-7 pm, Su 12-1pm, & Su 10:30-11:45 am	Basic I & Basic II ***Available for private instruction***
	Jenna-Aviva Lee, RYT	248-276-3272		Community House 248-651-0622		
	Amy Tranchida		atranchida@hotmail.com	Rochester Holistic Arts: 118 Terry Avenue - Suite A 248-895-5064 www.rochesterholisticarts.com Yoga Planet Studio: 3062 Walton Blvd., Rochester Hills, MI 48309 (248) 375-3070, 3062 http://yogaplanetstudio.com/studio.html	Th 6-7 pm, Th 7:15-8:15 pm Mo 12:15-1:15 pm	Yoga: Thurs. 7:15-8:15pm Candlelight Flow May 12 & 19; June 9 & 30 Drop-ins are \$10/class. Slow Flow Yoga class (Ongoing)
	Julia Visconti, Iyengar Certified	248-568-9656	www.rochesterholisticarts.com www.youryogospace.com	Rochester Holistic Arts: 118 Terry Avenue - Suite A 248-895-5064 Your Yoga Space 248-568-9656	Th 10-11:30 am & 7:15-8:45 pm We 10-11:30 am & 7-8:30 pm	Weekend workshops of Restorative Yoga & Yoga for Arthritis - check schedule for dates
Romeo	Jenna-Aviva Lee, RYT	248-276-3272		Total Fitness 810-336-0640	Tu pm	
Roseville	Tom King	586-709-0618	thataddedtouch1@wowway.com	Hatha Yoga Instructor Private & Public, 16796 Sarmorr Roseville, MI 48066-3212		
Royal Oak	Chris Briney	248-591-9155		Living Tradition Yoga, 826 W. 11 Mile, Suite 108 in Royal Oak, MI 48067 www.livingtraditionyoga.com	Mo 9-10:30 am, 5:45-7:15 pm, & 7:30-9 pm; Tu 5:45-7:15 pm & 7:30-9 pm; Th 9-10:30 am, 5:45-7:15 pm & 7:30-9 pm; Sa 7-8:30 am, 9-10:30 am, & 4-5:30 pm	Certified Iyengar Yoga teacher
	Kyle Remus, RYT			Namaste Yoga, 309 Troy St. 248-399-9642 www.namaste-yoga.net	Sa 10:30 am & We 7:30 pm	
	Hugh Ross			Living Tradition Yoga 248-591-9155	Mo 5:45 pm & Th 5:45 pm	Iyengar Yoga
	Katherine Schaefer		reiki_deva@hotmail.com http://gracefultransformations.blogspot.com	Namaste Yoga, 309 Troy St. 248-399-9642 www.namaste-yoga.net	Fr 11-12:30 pm	Level 2 - Walk in classes
	Christine Walbridge	248-541-6166		Royal Oak Senior Comm. Ctr.	Mo 5:30-6:55 pm & 7-8:30 pm, We & 7-8:30 pm, Th 7-8:30 pm	
Shelby Township	Amy Tranchida			Conquest Martial Arts Studio, 47519 Van Dyke 586-731-KICK 586-731-5425 www.ConquestStudio.com	Mo 10-11 am & Sa 11-12 Noon	Yoga for Blance & Hatha Yoga (Beginning and Continuing Levels) \$12/class. Drop-ins welcome
Southfield	Claudette R. Bond, RYT	313-407-0072	ab2290@wayne.edu www.detroit-yoga.com	LA Fitness The Heatherwood - Southfield Retirement Community	SA 9:45-10:45 am Tu 11:15-12:15 pm	Private classes by appointment.
	Doris Sheikh	248-932-1317	alignthespineyoga@earthlink.net	Franklin Racquet Club 248-352-8000 St. Anne's Mead Assisted Living 248-557-1221	Fr 5:30-6:30 pm Mo 9-9:45 am & Th 10-10:45 am	All levels-private instructions by appointment
	Rebecca Sobczak, E-CYI	586-775-0277	rebeccasobczak@yahoo.com	Southfield Parks & Recreation -McDonnell Adult Recreation Center 24350 Civic Center Dr. 248-796-4650 www.cityofsouthfield.com	Th 9:30-10:30 am	City of Southfield Adult Recreation Center 50+ (Senior program). "Graceful Aging Yoga" - chair yoga classes for seniors, disabled, and those unable to get down to the floor easily. All levels. Can join at anytime.
	Barbara Swaab, eRYT	248-535-1496	barbaara.swaab@gmail.com	Franklin Racquet Club 248-352-8000		
Southgate	Susan Barnosky		BarnoskyYoga@aol.com	Adult Ed. 734-246-4633	Tu 6:30 pm & Tu 7:45 pm	Beginning & Continuing
St. Clair Shores	Nancy Kelley, RYT	586-775-7986				
	Marty Mok, RYT			Civic Ice Arena 734-282-0055	Tu 10:10-11:10 am	
Taylor	Michael Wysner, MSW, RYT	734-946-9558				***Available for private instruction***
Trenton	Marie Corless			Trenton Rec., Westfield Ctr. 734-675-7300	We 10:15-11:30 am	Chair Yoga
	Patti Nevin, RYT	734-379-4561		Downriver Heart Reversal Program Trenton Rec., Westfield Ctr. 734-675-7300	Tu 4:00 pm We 6:15-7:45 pm	Open Beginning & Continuing

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Trenton	Michael Wysner, MSW, RYT	734-946-9558				***Available for private instruction***
Troy	Ruth Bennet	248-528-3824		Troy Community Center (Parks & Rec.), 3179 N. Livernois, Troy, MI 248-524-3484 www.troymi.gov/parksandreconline	Mo 9:30-10:30 am & Wed. 9:15-10:30 am	Stress Reduction Using the Healing Power of Yoga - Gentle Yoga Mondays class activity #116320M, Wednesdays class activity #116320D
	Deirdre Denholm, E-RYT	248-515-9792		The Authentic Living Center, 1640 Axtell Road, Troy MI 48084 www.padmakshiyoga.com padmakshiyoga@sbcglobal.net		
	Marie Gagnon	810-668-6337		Troy Community Center (Parks & Rec.), 3179 N. Livernois, Troy, MI 248-524-3484 www.troymi.gov/parksandreconline	Mo & We am & Mo 7-8:30 pm	A.M. classes are Seniors 55+
	Janeen Killewald	248-828-7061		Troy Community Center (Parks & Rec.), 3179 N. Livernois, Troy, MI 248-524-3484 www.troymi.gov/parksandreconline	Tu 9:15 am, We 6:30 pm & Sa 9:15 am	Beginning & Continuing
Union Lake	Barbara Swaab, eRYT	248-535-1496	barbaara.swaab@gmail.com	Body Language 248-682-5186	Tu & Th pm	
Walled Lake	Mimi Holland-Moritz, RYT			Community Education Center, Room 204, 615 N. Pontiac Trail, Walled Lake, MI 48390 248-956-5000	Tu & Fr 9:30-10:45 am	Hatha Yoga
Warren	Shari Beattie	586-783-6179		Warren Community Center	Mo 8-9 pm & We 7-8 pm	
	Claudette R. Bond, RYT	313-407-0072	ab2290@wayne.edu www.detroit-yoga.com	LA Fitness	Th 7:45 pm	Open classes. Private classes by appointment.
	Ellie Howard, RYT	586-772-7179		Pointe Fitness 313-417-9666	Tu 4:30-5:30 pm	Walk-ins
	Tom King	586-709-0618	thataddeedtouch1@wowway.com	Warren Woods Comm. Ed. 586-439-4408	Mo 6:30-8 pm	10 wk. programs
	Kyle Remus, RYT			Renaissance Unity 586-758-3050	Mo 7-8:30 pm & Th 8-9:30 am	
West Bloomfield	Katherine Schaefer		reiki_deva@hotmail.com http://gracefultransformations.blogspot.com	West Bloomfield Parks & Rec., 6200 Farmington Rd. 248-451-1900 or 1901 www.westbloomfieldparks.org	Mo 10:30-12 noon, Mo 12:15-1:30 pm, Tu 7-8:30 pm, & We 7-8:30 pm, & Th 2:30-4 pm	Level 1, Yoga Therapy (for anyone with physical limitations or injuries), & Level 2 classes - see site
	Doris Sheikh	248-932-1317	alignthespineyoga@earthlink.net	Jewish Community Center 248-432-5575	Tu 7:45-9 am & Fr 8:15-9:15 am	All levels-private instructions by appointment
Westland	Lynda Herman			Westland Friendship Center 734-722-7618	Th 5:-6:30 pm	\$4 Drop-in
	Debbi Kause, RYT	734-425-3045		Tinkham Adult Center 734-595-2429 Westland Specialty Ctr. (Garden City Hosp.) 734-458-3242	Mo 7:30 pm Wed. 6:15 pm & Th 6:30 pm	