

# 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 students.
	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 Krafzur, 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***
Bloomfeild 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	Shari Beattie	586-783-6179		Yoga with a Twist, 44295 Groesbeck Highway (inside Slot Mods), Clinton Township, MI 48036 586-746-7745	Posted monthly on Facebook	Class schedule posted monthly on Facebook under Yoga with a Twist...or please call. Intimidation-free. It's for Everybody!
	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	Claudette R. Bond, RYT	313-407-0072	ab2290@wayne.edu www.detroit-yoga.com	Creating Balance to be Fit, 5500 Auto Club Drive (off Ford Rd.), Dearborn, MI 48126 313-274-7570	Mo 11 am, Mo 7 pm, We 7 pm, & Fr 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	Hyde Park Condo Assoc. YC Yoga for Life Center/Galery, 66 East Forest, Detroit, MI 48201 313-831-3935	Th 6:30 pm Th 12:30 pm, Fr 4pm & 5:15 pm, & Sa 8:45 am	Private classes for residents.
	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	Jan Chekirda, RYT	248-474-3641		Mercy Center	Mo 6:30-8 pm	Hatha Yoga - beginning / continuing blend
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-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			Good Hope Lutheran Church, 28680 Cherry Hill Rd., Garden City, MI 734-427-3660	Mo 6:30-8 pm	Continuing students, \$5 drop-in
	Debbi Kause, RYT	734-425-3045		Garden City Hosp. 734-458-3242	Tu 4 pm	Also see Westland location.
	Audrey Pleasant	313-562-5937		Maplewood Comm. Ctr. 734-793-1853	Mo 1:30-2:30 pm & Tu 6:30 pm	Basic/Beginner level. Drop-ins welcome.
Grosse Ile	Michael Wysner, MSW, RYT	734-946-9558		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	thataddeedtouch1@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 Township Parks and Recreation 248-391-0304 www.orientwp.org	Mo 5:30 pm and 7 pm, Th 10:00 am, 1:15 pm & 5:30 pm	Beginning & Intermediate levels and chair yoga
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***
	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 Unity Church	Tu 6:30-8 pm	Hatha Yoga - beginning / continuing blend
				Randolph Elementary, 14470 Norman	Th 8-9:30 pm	
	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			Schoolcraft College (PE Bldg.) 734-462-4413 www.schoolcraft.edu	Fr	Yoga in the Pools, Beginning in Spring	

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Livonia	Juli Jeffery, RYT			Livonia Community Adult Education 734-744-2602	Th 7-8:15 pm	Yoga for Back & Neck (Fall/Winter/Spring)
				Schoolcraft College 734-462-4413 www.schoolcraft.edu	We 7-8:20 pm	Yoga to Renew & Restore (Fall/Winter/Spring)
	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
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-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 Permanent 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
	Lynda Herman			Novi Schools, Taft Rd. and 10 Mile	Th 7:30-8:45 am	Sign up through Novi Cont. Ed.
	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 studios 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	
	Lynda Herman			Henry Ford Health Clinic, Plymouth (M-14 and Beck)	We 5:30-6:45 pm	\$5 Drop-in.
	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: Classes begin Jan. 18th (No class 2/1/2012) \$45 for 8 wks. Preregistration required.
Richmond	Mary Mieksztyn	810-727-7466			We 7:30-8:30 pm	
Rochester/ Rochester Hills	Suzanne Albert	248-802-6025	suealbert@att.net	Rochester Holistic Arts: 118 Terry Avenue 248-895-5064 www.rochesterholisticarts.com	Tu 6:30 pm	Tibetan Heart Yoga, Lady Niguma Series, Foundational Yoga. Drop-ins welcome \$15 a class or class packages available. Private Lessons
	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***

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Rochester/ Rochester Hills	Tracy Flynn	248-344-7381		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***
				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 www.rochestercommhouse.org	Mo 10-11:30 am & 6-7:30 pm, We 10:30-Noon & 7:30-9 pm, Th 10:30-Noon	Beginning, Continuing I, Continuing II Meditation classes offered couple of timers a year.
	Amy Tranchida		atranchida@hotmail.com	Rochester Holistic Arts: 118 Terry Avenue - Suite A 248-895-5064 www.rochesterholisticarts.com	Th 7:15-8:15 pm	Slow Flow Yoga - Jan. & Feb. 2012 (no class 2/2/12) Drop-ins welcome and are \$15/class unless otherwise noted. Class packs available!
Yoga Planet Studio: 3062 Walton Blvd., Rochester Hills, MI 48309 (248) 375-3070, 3062 http://yogaplanetstudio.com/studio.html				Mo 9:30-10:30 am, Tu 9:30-10:30 am, & Fr 9:30-10:30 am	Mondays - Gentle Flow Yoga, Tuesdays - Basic Yoga & Fridays - Gentle Flow Yoga Drop-ins welcome and are \$15/class. Class packs available!	
Julia Visconti, Iyengar Certified	248-568-9656	www.rochesterholisticarts.com www.youryogospace.com	Rochester Holistic Arts: 118 Terry Avenue - Suite A 248-895-5064	Th 10-11:30 am & 7:15-8:45 pm	Weekend workshops of Restorative Yoga & Yoga for Arthritis - check schedule for dates	
			Your Yoga Space 248-568-9656	We 10-11:30 am & 7-8:30 pm		
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	livingtraditionyoga@gmail.com www.livingtraditionyoga.com	Living Tradition Yoga, 826 W. 11 Mile, Suite 108 in Royal Oak, MI 48067	Mo 9-10:30 am & 7-8:30 pm; Tu 5:15-6:45 pm & 7-8:30 pm; We 7-8:30 pm; Th 9-10:30 am, 5:15-6:55 pm & 7:30-9 pm; Sa 9-10:30 am & 4-5:30 pm	Monday: 9-10:30 am Continuing/ Level 2 & 7-8:30 pm Introductory/ Level 1 Tuesday: 5:15-6:45 pm Introductory/ Level 1 & 7-8:30 pm Advanced/ Level 3 Wednesday: 7-8:30 pm Level 1-2 Thursday: 9-10:30 am Introductory/ Level 1, 5:15-6:45 pm Restorative Yoga and Pranayama & 7:30-9:00 pm Continuing/ Level 2 Friday: Special Workshop & Target Classes (see website for details) Saturday: 9-10:30 am Level 1- 2 & 4-5:30 pm Gentle/ Restorative Yoga
				Kyle Remus, RYT		Namaste Yoga, 309 Troy St. 248-399-9642 www.namaste-yoga.net
	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	Marilyn Bird, RYT	586-321-7289	marilynbird53@yahoo.com	The Yoga Studio of Shelby 586-991-0760 www.TheYogaStudioofShelby.com	Su 7-8pm	Karma Yoga (donations only)
	Amy Tranchida			Conquest Martial Arts Studio, 47519 Van Dyke 586-731-KICK 586-731-5425 www.ConquestStudio.com	Mo 10-11 am & Sa 11-Noon	Yoga for Blance & Hatha Yoga (Beginning and Continuing Levels) \$12/class. Drop-ins welcome
Southfield	Velore Brown, RYT	248-238-3036	byv52@comcast.net	The Heatherwood - Southfield Retirement Community	Sa 11:30-12:30 pm	***Available for private instruction***
	Doris Sheikh	248-932-1317	alignthespineyoga@earthlink.net	Franklin Racquet Club 248-352-8000	Fr 5:30-6:30 pm	All levels-private instructions by appointment
				St. Anne's Mead Assisted Living 248-557-1221	Mo 9-9:45 am & Th 10-10:45 am	
	Rebecca Sobczak, E-CYI	586-775-0277	reccasobczak@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			

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Southgate	Susan Barnosky		BarnoskyYoga@aol.com	Adult Ed. 734-246-4633	Tu 6:30 pm & Tu 7:45 pm	Beginning & Continuing
	Cheryl Dodge, RYT	734-788-5692	dodgecm@aol.com	Yoga 4 Peace 731-2820-9642	Mo 10:30-Noon & Tu 9-10:30 am	Posture Pro Yoga all levels Integral Hatha Yoga supported by 3 dimensional system of slings, pulleys and wrist grips with focus on alignment and proper posture, movement reeducation, weight distribution and stretching while playing with gravity, inversions at end of class.
St. Clair Shores	Nancy Kelley, RYT	586-775-7986				
	Marty Mok, RYT			Civic Ice Arena 734-282-0055	Tu 10:10-11:10 am	
Sterling Heights	Marilyn Bird, RYT	586-321-7289	marilynbird53@yahoo.com	The Yoga Studio of Shelby 586-991-0760 www.TheYogaStudioofShelby.com Messmore Elem., Utica Community Schools Adult Ed.	Th 7-8 pm	Sept. - June, Basic Hatha Yoga
				The Yoga Studio of Shelby 586-991-0760 www.TheYogaStudioofShelby.com Plumbrook Elem., Utica Community Schools Adult Ed.	Tu 7-8 pm	
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	Tu 4:00 pm	Open
				Trenton Rec., Westfield Ctr. 734-675-7300	We 6:15-7:45 pm	Beginning & Continuing
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	Monday: Gentle Yoga class - activity #116320M Wednesday: Beginning & Continuing class - activity #116320D Private and small group classes by appointment.
	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	Ellie Howard, RYT	586-772-7179		Pointe Fitness 313-417-9666	Tu 4:30-5:30 pm	Walk-ins
				Warren Woods Comm. Ed. 586-439-4408	Mo 6:30-8 pm	10 wk. programs
	Tom King	586-709-0618	thatadddtouch1@wowway.com	Renaissance Unity 586-758-3050	Mo 7-8:30 pm & Th 8-9:30 am	
	Kyle Remus, RYT			Renaissance Unity	Tu 7:30 pm	
Wayne	Lynda Herman			Yoga for Seniors, Wayne Rec. Center, Corner Howe and Annapolis Rds. 734-721-7400	Tu 9-9:45 am	Yoga in the Pool
					Tu 10:30-12 pm	Yoga for Seniors, \$6 drop-in
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-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	Debbi Kause, RYT	734-425-3045		Tinkham Adult Center 734-595-2429	Mo 7:30 pm	
				Westland Specialty Ctr. (Garden City Hosp. ) 734-458-3242	Wed. 6:15 pm & Th 6:30 pm	