



Belightful<sup>®</sup>  
YOGA



Friends and Fun!

## Belightful Yoga & 4<sup>th</sup> Wall Theatre Group

**Winter/Spring series: March 14—May 9 (8 Weeks-no class Apr. 18)**

**Belightful Yoga 5:45—6:30 PM Followed by 4<sup>th</sup> Wall Theatre 6:45-7:45 PM**

•Open to all abilities •Siblings welcome •Partial scholarships available

Classes held at 1100 Lone Pine Rd., Bloomfield Hills, NW corner of Lone Pine & Telegraph Rd.

Registration and/or 48 hour advance notification required

to ensure minimum # of participants to run the series.

**Belightful Yoga •\$160 each session •**

Bring a mat. Pre-register by phone/email or at [belightfullyoga.com](http://belightfullyoga.com). Use code **DSG**

Call Anne 248.560.7744 ext. 3, or email [anne@belightfullyoga.com](mailto:anne@belightfullyoga.com).

**4<sup>th</sup> Wall Theatre •\$130 each session •**

Register at [www.4thwallkids.com](http://www.4thwallkids.com) and click on **Programs**.

Contact: [4thwallkids@gmail.com](mailto:4thwallkids@gmail.com)