



# Holiday Yoga

Join me for gentle, accessible yoga classes designed to help you move, breathe, and recharge during this busy time of year.

## Chair Yoga

Fridays | 9:30–10:30 AM

📍 Location: 45510 Kensington St. Utica, MI 48317

Class Dates:

- December 5th
- December 12th
- December 19th
- January 2nd
- January 9th

Pricing:

Full 5-class session: \$25 total (\$5 per class)

Drop-in: \$7 per class

Perfect for all levels — especially those who prefer a gentle, supported practice.

## Gentle Yoga (Mat or Chair)

Wednesdays | 6:30–7:30 PM

📍 Location: 45510 Kensington St. Utica, MI 48317

Class Dates:

- December 3rd
- December 10th
- December 17th
- January 7th

Pricing:

Full 4-class session: \$20 total (\$5 per class)

Drop-in: \$7 per class

This calming evening class can be practiced on the mat or adapted to a chair.

If you have any questions please reach out to me by email:  
[elizabethwilkyoga@gmail.com](mailto:elizabethwilkyoga@gmail.com)