

THERAPEUTIC CONCEPTS, LLC  
PRESENTS

LOCATION

39393 VAN DYKE  
AVE, STERLING  
HEIGHTS, MI 48312

# YOGA

CONTACT US AT:  
586-722-7524

Groups Offered Mondays and Wednesdays

This group is tailored to promote playful interaction between child and caregiver, while utilizing the essential basics of Yoga. Caregivers or parents and children will participate in games and activities highlighting the basics of Yoga practice, such as breathing, strength, flexibility and body awareness. This class is open to all families and abilities, and activities will be modified to each participant and group. (6 weeks \$90)



Phone: 586-722-7524 | 39393 Van Dyke Ave, Sterling Heights, MI 48312  
[marynagy@therapeuticconceptsllc-mi.com](mailto:marynagy@therapeuticconceptsllc-mi.com)