

Pop Ins
Join YOGA for BASIC FLOW YOGA at



MONDAY 6:15 pm – 7:15 pm

JANUARY Session: 1/6, 1/13, 1/20

JAN./ FEBRUARY Session: 1/27, 2/3, 2/10

4994 Park Lake Rd., East Lansing MI 48823

lotusvoice48823@gmail.com

517. 897. 0714

popinsyoga@outlook.com

BASIC FLOW YOGA

Class Description

Focusing on mind and body, and feeling movements through gentle flow sequencing, this class is suiting from beginner to intermediate.

Instructional format encompasses yoga traditions of Hatha, physical practice or exercise, and Vinyasa. Allowing us to flow and effectively work all parts of the body equally.

Physical and mental benefits include increasing energy, flexibility, and strength. Poses will challenge your ability to fuse body with breath. Class focuses on relaxing techniques as well as stabilizing, inverting, and balancing postures. Feel rejuvenated when you leave!



Tracy Darnell

Yoga Instructor

Tracy has been practicing yoga around the Greater Lansing Area since 2002. Lower back pain started her on this journey and way of life.

In September 2008, Tracy accomplished her first yoga certification through YogaFit. She began instructing yoga in 2009 and completed her training with YogaFit and the Yoga Alliance for 200 hour RYT designation in February 2014. She continues to teach in East Lansing, Okemos and Haslett.

One of Tracy's lifelong goals is to continue practicing and teaching yoga—to share the enlightening benefits of increasing energy, and union of mind, body, and soul.

May your umbrella open...



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**3 Week
Consecutive
Session \$27**
Drop In \$11

JANUARY Session:
1/6, 1/13, 1/20

JAN. / FEB. Session:
1/27, 2/3, 2/10

*Three Week Session is
non-refundable.*

Accepting: Cash,
Check to Pop-Ins Yoga, LLC
or Credit Card
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*"I love yoga
because of how it
makes me feel! I
am more in-tune
with my body and
have added better
breath control and
concentration into
my everyday life."*

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