

YOGA 8 TAI CHI

Free, 45-minute lessons will take place on the grassy area to the west of the market building. In case of inclement weather, the event will be canceled. First 10 guests will receive a free yoga mat.

SATURDAY MORNING YOGA

May 3, June 7, July 5, Aug. 2, Sept. 6 9:30-10:15 a.m.

THURSDAY LUNCHTIME YOGA

May 15, June 19, July 17, Aug. 21, Sept. 18 Noon-12:45 p.m.

SATURDAY MORNING TAI CHI

May 3, June 7, July 5, Aug. 2, Sept. 6 10:30-11:15 a.m.







Oakland County Farmers Market 2350 Pontiac Lake Road Waterford, MI 48328

> 248-858-5495 OCmarket@oakgov.com





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YOGA STAIGHI

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