

# Pentwater Yoga Schedule Summer 2017



## **Yoga Flow ~ All Levels**

Tuesday & Thursday 9:15-10:15am

Shelby Bank Pentwater ~ 2nd Floor

June 13th- September 14th

\$10 cash / checks

## **Sunset Yoga & Meditation**

Monday 7-8pm

June 19th -August 28th

\$10 cash / checks

## **SUP Yoga-Stand Up Paddle Board**

Wednesday 7-8pm

Mears State Park Paddle board Rental

June 21st - August 16th

\$25 (\$10-Rental/\$15 Class) Payments are separate

**Yoga Flow** - Rebecca's classes are fun, challenging & accessible to most levels. Connect the breath with movement, flow, & alignment. Leave feeling refreshed, inspired, & ready for the day.

**Sunset Yoga & Meditation** - Transformational Meditation is the process of fueling yourself despite life constantly trying to deplete. Learn techniques to increase your vibrational level & keep you connected to Infinite energy. We meet by the kids Playset at Mears State Park.

**SUP YOGA-** Yoga on Stand up paddle boards! This class will be a fun beginning class. You will naturally learn balance as you get used to the board, get a great core workout, AND be on the water!! Meet at Mears State Park Beach, Paddle board rental. Spaces are limited. First Come First Serve. Bring water/sunscreen/towel. No class if Raining, or high waves. Txt 231-852-0849 for cancellations.

**Soul Realignment®** is a beautiful Akashic Record Reading connecting you to your Soul. Embrace your Soul gifts/specializations, understand your life's "Lessons" & clear away blocks & restrictions to restore the Soul back to its Blue Print of origination so you can move forward in love and abundance.

**Angel Card Readings-** Do you want to know what the Angels would say to you? They are always around, guiding, protecting, & loving us. What they want us to know about our path & help us in a deeper way? These reading are accurate and transformational. Rebecca is a Certified Angel Card Reader.

**Rebecca Urick** is a Soul Restoration Master and her Mission is to Empower, Motivate, Strengthen, And Restore Souls Through Yoga - Meditation – Breath - Movement-Meditation, Soul Realignment Readings, And Angel Readings back to Thriving and Loving Life. She teaches In Pentwater in the summer and Lakeside Family Fitness (Hart, MI) all year round with a bunch of varying classes from Yoga & **Aerial Yoga** to Yoga Sculpt, & Hula Hoop.

Smilinglotusyoga.com or Call / TXT 231-852-0849  
For readings Soulhealingwarrior.com Call / TXT 231-852-0849