


# Yoga For Happiness

Creating happiness through meditation, pranayama, gentle yoga,  
and clinical group therapy

Breathe

Pause

Embrace



Begins Wednesday, September 26<sup>th</sup>. 6:00pm-8:00pm

To Register: 248-601-9642 or [redlotusyoga.com](http://redlotusyoga.com)

\$20.00 for pre-registered

\$25.00 for drop-in



RED LOTUS  
YOGA

Michigan Institute of  
Performance and Health



Rochester Area Counseling Services