



Talk of  
the Town  
Yoga



## **Svarroopa® Yoga Classes**

*This is not  
your daughter's yoga.*

**Check our website**

**[www.TalkOfTheTownYoga.com](http://www.TalkOfTheTownYoga.com) for the  
most up-to-date class schedule.**

### **CLASS SCHEDULE:**

**Tues 9:00 to 10:30am & 4:00 to 5:30pm**

**Wed 9:00 to 10:30am**

**Thurs 5:30 to 7:00pm**

**Sat 9:00 to 10:30am**



Classes are 90 min. Please arrive at least 10-15 min before class to set up blankets. Wear comfortable clothes, all equipment provided.

*Traverse Wellness Center*



**Free Introductory class, the  
first Thursday of the month.  
5:30 to 7:00 pm.  
Arrive early. RSVP**

2785 Garfield Rd N. #C  
Traverse City, MI 49686  
Formerly Windborne Studio  
Behind Flash studio

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