



YOGA & TAI CHI



The Oakland County Farmers Market Wellness Series features free, 45-minute lessons held outdoors on the grassy area to the west of the market building. First 10 guests receive a free yoga mat.

Sponsored by:



DR. ANIL KUMAR
248-396-8013

Healthy Horizon sponsor:



Hosted by:



SATURDAY MORNING YOGA

May 2, June 6, July 4, Aug. 1, Sept. 5
9:30-10:15 a.m.

SATURDAY MORNING TAI CHI

May 2, June 6, July 4, Aug. 1, Sept. 5
10:30-11:15 a.m.

THURSDAY LUNCHTIME YOGA

May 21, June 18, July 16, Aug. 20, Sept. 17
Noon-12:45 p.m.

In case of inclement weather, the event will be canceled.

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

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