

# Yoga Fundraiser

Join lillyogi in relaxation, strength building, and flexibility to fundraiser for the Michigan Developmental Disabilities Institute (MI-DDI). All proceeds go to Students Sharing Success (S3), a program that aids WSU students with disabilities in navigating college and building life skills. This class is open to all abilities, no prior yoga experience is required. The style is called slow flow, a slower moving, completely guided class that focuses on delving deeper into poses and guiding the breath through the movement.



When: Friday, June 21<sup>st</sup> from 12:00pm - 1:00pm. (contingent upon weather)

Where: Outside 4809 Woodward Ave Leonard Simons Building (Across from the Welcome Center)

Bring: a yoga mat or towel, \$10 check made out to Developmental Disabilities Institute, or exact cash. Limited spaces available!

Wear: something comfortable that does not restrict movement

Any questions or concerns please email: [fh3546@wayne.edu](mailto:fh3546@wayne.edu) or call (313)-577-4178.