

# YOGA & TAI CHI



Free, 45-minute lessons will take place on the grassy area to the west of the market building. In case of inclement weather, the event will be canceled. First 10 guests will receive a free yoga mat.

## Saturday Morning Yoga & Tai Chi

May 4 (yoga only), June 1, July 6, Aug. 3, Sept. 7

Yoga: 9:30-10:15 a.m.

Tai Chi: 10:30-11:15 a.m.

## Thursday Lunchtime Yoga

May 16, June 20, July 18, Aug. 15, Sept. 19

Noon-12:45 p.m.

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

248-858-5495    [OCmarket@oakgov.com](mailto:OCmarket@oakgov.com)

**OAKLAND  
COUNTY PARKS**

