



Body Mind Spirit Wellness Center
&
Rising Sun Yoga
Is hosting a

Saturday July 17th
9:30am – 11:30am

Outdoor Yoga Fundraiser!
\$5 per person

100% of the class fee will be donated to the nonprofit(s) of your choice below!

1. [Make A Wish Foundation](#)
2. [Motts Children Hospital](#)
3. [Community Garden Project](#)

WHAT: Join me for a unique outdoor yoga retreat! Revitalize your body through morning Ashtanga poses, warm tea and homemade pastries! Not to mention 100% of the fee will go towards a non-profit of your choice. Contact me for more information or to RSVP.

WHEN: Saturday July 17th, 9:30am to 11:30am

WHO: Dawn Gaden is a Registered Yoga Teacher, earning her RYT200 at Namaste Yoga, in Royal Oak, Michigan, in 2005. Specialty training includes Ashtanga Yoga. Her teaching experience includes large groups, children's classes, and private classes. Dawn believes in communities supporting each other in health and wellness by connecting and growing together for a common cause. Dawn is also a Licensed Counselor, certified in Complementary Medicine and Wellness. Her interests are running, sailing, kayaking, and camping with her husband and four children.

WHERE: Body-Mind-Spirit Wellness Center
2007 S. State St.
Ann Arbor, MI 48104
Located 1 mile north on State St. from the I-94 exit, located near the Produce Station.

CONTACT: Rising Sun Yoga
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