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Tightwad: \$5 yoga classes

Carla Kucinski | **NOISE**

Give your mind and body a break from work and do some midday yoga with Sybil Shelton-Ford (pictured) a registered and certified yoga instructor and personal trainer who recently opened As You Are Yoga in Lansing.

During November and December, Shelton-Ford is offering \$5 drop-in classes including different levels of hatha yoga, a better abs and back class that I hear is killer but worth it and power yoga. The noon classes are especially perfect for people who work downtown and need to calm their minds and stretch their bodies midday. The Wednesday class I took left me refreshed and relaxed, resistant to return to my cubicle but alert enough to focus and tackle my work.

Shelton-Ford gives thorough instructions and gentle guidance through the postures. And her studio is gorgeous -- very minimalist and instantly relaxing the moment you step inside.

Advertisement Register for the studio's winter session Jan. 9 to Feb. 25. Register before Dec. 23 and get \$5 off the class fee. Call 282-7662 for a schedule.



Sybil Shelton-Ford

Details

As You Are Yoga

111 E. Allegan St., Lansing, 282-7662, (next to Skyline Chili)

\$5 drop-in classes during November and December
 Monday: 9 to 10 a.m. Power Yoga, 12:10 to 12:55 p.m.
 Awesome Abs and Backs, 5:30 to 6:30 p.m. beginning

Hatha Yoga

Tuesday: 6 to 7 a.m. early bird Hatha Yoga, 5:30 to 6:30 p.m. continuing Hatha Yoga

Wednesday: 9 to 10 a.m. Power Yoga, 12:10 to 12:55 p.m. Hatha Yoga all levels, 5:30 to 6:15 p.m. Awesome Abs and Better Backs

Thursday: 6 to 7 a.m. early bird Hatha Yoga, 12:10 to 12:55 p.m. Hatha Yoga all levels, 5:30 to 6:30 p.m.

Power Yoga

Friday: 6 to 7 a.m. Awesome Abs and Better Backs, gentle practice

Saturday: 11 a.m. to noon yoga sampler, explore different styles of yoga

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