

New yoga center opens on Haggerty

Zador said yoga is useful in reducing stress. "The business of a day sometimes requires of us more than we know how to give. Yoga is a way to tap into

Stretch, breathe: *Jeff Friedland leads*

STAFF PHOTO BY BILL HRESL
ts an ashtanga yoga class.

Clarification

as regular school elections."

enues over a period of a couple of years. Ford Motor Company was a long-standing supporter of ArtShare during its existence and continues to be a faithful supporter of the Center's Garden Party," said Jean Vickers, executive director of the St. Vincent & Sarah Fisher Center.

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Stretch, breathe: Jeff Friedland leads an ashtanga yoga class.

[illegible]

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DAVID JOHNSON

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