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**Yoga and Meditation Class for Teens**

**In-Person**

Northern Michigan Psychiatric Services, PC and The Mindfulness Center of Northern Michigan, LLC Heritage Square - 934 S. Garfield A 231-935-0355

**Mondays, 4:00 pm - 5:00 pm**

**January 24th – March 14th  2022**

**$165/8-week class**

**Register Now** Class size is limited![**www.mindfulnesstc.com**](http://www.mindfulnesstc.com)

\*Vaccinations are required to attend this class.