

Saturday Yoga

Yin, Yang, Meditation

9:30-12:30pm

Fall, 2009

Come dive into your practice and challenge yourself in these three hour classes, designed for you to practice deeply in an intimate environment. Each class will include intention setting, yin yoga, a challenging vinyasa, relaxation, breathing and meditation practice. These classes are appropriate for those with a minimum of one year of ongoing yoga practice and no major injuries. Class size is limited to ten; pre-registration is required.

Classes meet on:

September 19

October 17

November 21

December 19

Tuition: \$108 for the series or \$35/class.

The Yoga House: Pinehurst Neighborhood, Seattle

For registration or directions, please call Shannon: (206) 412-8784