

The Yoga House Presents  
Practice Deeply:  
Yin, Yang Meditation  
With Shannon McCall  
Saturdays, Sept 18, Oct 30, Nov 20 and Dec 18, 2010



Come dive into your practice and inspire yourself in these intermediate to advanced level classes, designed as a place for you to challenge and uplift your yoga practice in an intimate environment. Each class will include intention setting, yin yoga, active and vinyasa yoga, breathing and meditation practice. Class size is limited to 9, so pre-registration is required.

**Date:** Saturdays: Sept 18, Oct 23, Nov 20 and Dec 18

**Time:** 10am - 1pm

**Tuition:** \$112 for the series / single session: \$36

**Registration:** Shannon: (206)412-8784 or shannonmccall@speakeasy.net