

# Saturday Yoga

## Yin, Yang, Meditation

9:30-12:30pm

Spring/Summer, 2010

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:

May 22

June 19

July 17

August 7

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

The Yoga House: Pinehurst Neighborhood, Seattle

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

[shannonmccall@speakeasy.net](mailto:shannonmccall@speakeasy.net) [www.yogawithshannon.com](http://www.yogawithshannon.com)