

Yoga with Shannon McCall

September - December, 2008

Weekly Classes:

Monday	12 noon -1:15pm 6:30pm -8pm	all levels 2	TDY YH
Tuesday	9:30am- 11am 5:30pm- 6:45pm	all levels 1-2	YH TDY
Thursday	9:30am – 11:15am	3	YH

Once a month only (pre-registration required):

Friday	6:30pm – 8:30pm	all levels	YH
Yoga and meditation: 9/12; 10/10; 11/7; 12/19			
Saturday	9:30 – 12:30pm	2-3	YH
Yin, vinyasa and meditation: 9/20; 10/18; 11/22; 12/20			

TDY=Two Dog Yoga
12549 28th Ave. NE
Seattle

YH =Yoga House
Please call or email for address
Pinehurst Neighborhood

For more information, please call or email Shannon:
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www.yogawithshannon.com