

# Saturday Yoga

9:30am – 12:30pm

Fall, 2008

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. Class size is limited to ten; pre-registration required.

September 20

October 18

November 22

December 20

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

The Yoga House: Pinehurst Neighborhood, Seattle

For registration or directions, please call Shannon: (206)362-8517 or

email her: [shannonmccall@speakeasy.net](mailto:shannonmccall@speakeasy.net)