

SEATTLE YOGA ARTS

Class Schedule: May 9 - August 16, 2010

Monday	7:00-8:15 am 10:00-11:30 am 12:00-1:15 pm 4:00-5:15 pm 5:30-7:00 pm 5:45-7:15 pm 7:15-8:45 pm	Sunrise Flow Deepening Subtle Body Dynamic Flow Essentials Intro to Yoga (pre-register) Deepening	Grace Rainey Rainey Rebecca Denise Various Denise
Tuesday	8:00-9:20 am 10:00-11:30 am 12:00-1:15 pm 4:15-5:30 pm 5:30-7:00 pm 5:45-7:15 pm 7:15-8:30 pm	Essentials Essentials Dynamic Flow Back Care, Core Strength Essentials Advanced Deepening	Rainey Denise Whitney Bianca Meg Rainey Grace
Wednesday	7:00-8:15 am 9:30-10:45 am 10:00-11:30 am 12:00-1:15 pm 4:00-5:15 pm 5:30-7:00 pm 7:15-8:45 pm	Sunrise Flow Gentle Deepening Dynamic Flow Dynamic Flow Deepening Essentials	Grace Bianca Rainey Rebecca Beth Denise Denise
Thursday	8:00-9:20 am 10:00-11:30 am 12:00-1:15 pm 4:00-5:15 pm 5:30-7:00 pm 5:45-7:00 pm 7:15-8:30 pm	Essentials Essentials Subtle Body Dynamic Flow Advanced Dynamic Flow Evening Flow	Rainey Meg Meg Rebecca Rainey Grace Jane
Friday	9:30-10:45 am 10:00-11:30 am 12:00-1:15 pm 3:00-4:30 pm 4:45-6:00 pm 6:15-7:30 pm	Gentle Deepening Dynamic Flow Anxiety & Depression TGIF Dynamic Flow Gentle	Rebecca Bianca Rebecca Bianca Jane Jane
Saturday	9:00-10:30 am 10:45-12:15 pm 5:30-6:45 pm	Deepening Essentials Dynamic Flow	Beth Beth Whitney
Sunday	9:00-10:30 am 10:45-12:15 pm 1:30-2:45 pm 3:00-4:15 pm 4:30-5:45 pm 6:00-7:30 pm	Advanced Essentials Prenatal Dynamic Flow Gentle Essentials	Denise Denise Jane Jane Bianca Bianca

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