



## SCHEDULE OF YOGA CLASSES

May through August, 2008

Session A – 7 weeks – April 21 through June 8

Session B – 7 weeks – June 16 through August 3

DAY	TIME	LEVEL	TAUGHT BY
Monday	7:00 - 8:15 A.M. <i>Sunrise</i>	I-III	Shannon
	10:00 - 11:30 A.M.	II-III	Rainey
	5:30 - 7:00 P.M.	I-II	Denise
	7:15 - 8:45 P.M.	II-III	Denise
Tuesday	8:00 - 9:20 A.M.	I-III	Rainey
	10:00 - 11:30 A.M.	I-II	Denise
	5:30 - 7:00 P.M.	I-II	Meg
	7:15 - 8:45 P.M.	II-III	Meg
Wednesday	7:00 - 8:15 A.M. <i>Sunrise</i>	I-III	Lisa
	10:00 - 11:30 A.M.	II-III	Rainey
	5:30 - 6:45 P.M.	Gentle	Denise
	7:00 - 8:30 P.M.	I-II	Denise
Thursday	8:00 - 9:20 A.M.	I-III	Rainey
	10:00 - 11:30 A.M.	I-II	Meg
	12:00 - 1:40 P.M.	II-III	Meg
	5:30 - 7:00 P.M.	II-III	Denise
	7:15 - 8:45 P.M.	III	Denise
Friday	10:00 - 11:30 A.M.	II-III	Bianca
	6:00 - 7:30 P.M.	I-III	Crystal
Saturday	9:00 - 10:30 A.M.	II-III	Lisa
	10:45 - 12:15 P.M.	I-II	Lisa
Sunday	9:00 - 10:30 A.M.	III	Denise
	10:45 - 12:15 P.M.	I-II	Denise
	4:30 - 5:45 P.M.	Gentle	Bianca
	6:00 - 7:30 P.M.	I-II	Bianca

### LEVEL I

An ongoing class for beginners who wish to build a strong foundation in Hatha Yoga. Emphasis is on building strength, resiliency, flexibility, and stamina of the physical body, and cultivation of the inner qualities of persistence, mindfulness, and open-heartedness.

### LEVEL II

Deepening your intention and the ability to maintain focus throughout a practice (*dharana*), this level refines basic *asanas* with emphasis on gaining confidence in inversions and backbends, while deepening the qualities of sensitivity, courage, and softness.

### LEVEL III

For those who have at least two years of yoga *asana* experience. In this level, you increase your ability to be present in your practice, playfully challenging yourself with more advanced poses. The focus is bringing a joyful harmony to the strength and abilities of the physical body, the dance of breath, and an expansive, non-judging (*sattvic*) state of mind.

### GENTLE

A less-demanding and slower-paced class.

### FEES

A 10% discount is included in the fees below if you register for more than one class.

#### One Session

One class per week for seven weeks	\$ 84
Two classes per week for seven weeks	\$152
Three classes per week for seven weeks	\$225

#### Both Sessions

One class per week for fourteen weeks	\$168
Two classes per week for fourteen weeks	\$304
Three classes per week for fourteen weeks	\$450

Drop-Ins (open classes only) \$ 15

*Note: We will be closed for session break June 9-15  
and for summer vacation August 4-31.*

**Seattle Yoga Arts, 109 15th Ave E., Seattle, WA 98112**

***www.SeattleYogaArts.com • (206) 440.3191***