

SoundYoga Summer

June 30-August 23

Monday

9:30-10:45am	Yoga I	Chris
11:00-12:15pm	Gentle Yoga	Chris
7:00-8:30pm	Buddhist Meditation <i>On break July 1 - Sept 16</i>	Linda

Tuesday

9:00-10:15am	Yoga II	Chris
10:30-11:45am	Yoga I-II	Chris
5:00-6:15pm	Yoga I	Karie

Wednesday

9:30-11am	Gentle/Restorative <i>NEW CLASS!</i>	Shelly
5:30-6:45pm	Yoga I-II	Chris
7:00 - 8:15pm	Restorative Yoga for Restful Sleep - All Levels	Shelly

Thursday

7:30-8:45am	Strong Bones	Shelly
9:00-10:30am	Strong Bones	Chris
11:00-12:30pm	Yoga I-II	Chris

Saturday

8:30-9:45am	Yoga Flow - All Levels - <i>On break this series</i>	Maria
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Sunday

9:30-10:45am	Yoga I	Karie
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8 week series:	\$120 (1.25hr class)	Class Card:	\$108 - 6 class pass (1.25hr)
	\$140 (1.5hr class)		\$165 - 10 class pass (1.25hr)
Drop-in:	\$25		\$124 - 6 class pass (1.5hr)
			\$197 - 10 class pass (1.5hr)

SPECIAL WORKSHOPS:

Sutra Study: Tuesday **6/18** 2:00-4:00p

Vedic Chant: Saturday: **8/17** 10:00a - 12:00p



5639 California Ave SW 98136 206.938.8195 www.soundyoga.com

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CLASS DESCRIPTIONS

Yoga I: This class will use a combination of dynamic as well as static postures (asanas) to help build flexibility and strength. Appropriate for all levels of experience. Beginners welcome!

Yoga I-II: For those with some experience with Yoga I classes who are ready for a more advanced class. Practice the basic postures in more challenging ways, further developing your strength, flexibility and balance.

Yoga II: For students who are interested in furthering their knowledge with the practice of asanas, pranayama & meditation. **NOTE:** Requires three months prior experience.

Strong Bones Yoga: Improve posture, build strong bones, and strengthen muscles by incorporating light to moderate weights into your yoga practice. A video version of this course is available in both VHS & DVD!

Gentle Yoga: Moving slowly with the breath allows you to feel each posture deeply. We will integrate both dynamic and static movement as we explore the restorative benefits of Yoga. The class will include sound in movement, seated breathing and meditation.

Restorative Yoga for Restful Sleep: A blend of gentle and restorative Yoga to help you unwind and de-stress from your day so you can ease into a restful night of rejuvenation. Great for your body, mind and health.

Yoga Flow: Balance effort and ease in a class that combines the meditative flow of breath-coordinated movement with the strength and stability of longer held postures. Heat-building sequences based on the fluid movements of sun salutations will purify the body and mind, while centering pauses allow for deeper awareness of body and breath within individual postures.

Buddhist Meditation: Please visit the website of the Kadampa Meditation Center to get more information and to register: www.meditateinseattle.org.

Vedic Chant: Explore simple mantras and longer chants from the Vedas of India. Beginners welcome!

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