

Yoga Classes with Kelly Connor.

May 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Mid-day	12:00 Vinyasa Flow level 1.5 @ CF				1:30-2:15 Private Elder Yoga Class		
Evening			5:45-7:45pm Bliss Flow - level 1-2 @ YYB	7:30- 8:30pm Hatha Flow - all levels @ CF			4:30- 5:30pm Hatha Flow - all levels @CF

CF = Community Fitness, 2113 NE 65th Street (Ravenna Neighborhood). www.communityfitness.com \$12/ class.

YYB= Yoon's Yoga Bliss, 15823 Westminster Way North, Shoreline, WA (Aurora Square shopping area, near PaperZone) www.yoonsyogabliss.com \$15/class.

COMING SOON: Early Morning Practice Outdoors/ Madrona Beach in Seattle.

Subbing:

- Friday, May 1, 12-1 @ CF.
- Monday, May 3, 6:30-7:30pm @CF.
- Thursday, May 13, 9:30-10:30am @CF.
- Tuesday, May 18, 9:30-10:30am @CF.

PEACE + LOVE. ALWAYS.

NAMASTE.

Private Classes:

- I offer customized private yoga classes for individuals and groups.
- Classes for individuals start at \$50 per hour.
- Group classes begin at \$100 per hour.
- Please contact me via sunroseyoga@gmail.com for more information and scheduling.

WANT MORE? Check into my weekly yoga podcast at www.sunroseyoga.com or iTunes.