

Normandy Park Yoga Class Schedule:

Ongoing Classes:

Effective March 1, 2007

Sunday

9:00-10:30 am

Advanced Viniyoga, Anne 102

4:30-6:00 pm

All Levels Viniyoga, Renee 102

Monday

8:00-9:15 am

All Levels Viniyoga, Anne 102

9:30-10:45 am

Senior Viniyoga, Anne 102

5:30-6:45 pm

Release & Restore, Rajani 102

7:00-8:15 pm

Anusara—Inspired Yoga I, Rajani 102

Tuesday

6:30-7:45 am

All Levels Viniyoga, Anne 102

9:30-10:45 am

All Levels Viniyoga, Joyce 102

Starts Feb. 20th

6:00-7:45 pm

All Levels Viniyoga Anne 102

Wednesday

4:30-5:45 pm

All Levels Viniyoga Jacky/Renee 202

Thursday

5:30-6:45 pm

Beginner Series, Michaelle 102

Additional information on right

7:00-8:15 pm

All Levels Viniyoga

Michaelle, Joyce, Renee 102

Friday

Series Classes:

Series classes are designed to take each student through a number of classes prepared with a specific focus. Series classes meet once per week and typically last six weeks. Signing up for a series class assures each student a consistent progression of classes and the opportunity to become familiar with a particular instructor. Registration required for series classes.

Six week Yoga series:

\$60.00 (six classes)

Ten week Tai Chi Chu'an series:

\$150.00 (ten classes)

Tuesday

6:30-8:00pm

Meditation Class Kelsang Gamo 202

- March 6 - April 17
6:30 - 8:00 pm

Thursday

5:30 - 6:45pm

Beginner Yoga with Michaelle 102

- Series # one: 3/8-4/12
- Series # two: 4/9-5/3, 5/17-5/31
- Series # three: 6/7-7/12
- Series # four: 7/19-8/23

6:45-8:00pm

Tai Chi Chu'an with Colleen 102

- March 1- May 10 (no class April 12)
May 24 - August 9 (no class July 12 and 19)
10 week series, \$150. Call for more information @ (206) 528-9096.

6:30-7:45 am

Anusara—Inspired Yoga I,II Rajani 102

Saturday

8:00-9:30 am

All Levels Viniyoga Anne 102

10:00-11:15 am

Prenatal Viniyoga Anne 102

10:00-11:45 am

All Levels Viniyoga Jacky 202

Other Classes* held at Normandy Park Yoga with fees paid directly to instructor:

Tuesdays, 6:30-8:00 pm 202

Meditation Class - Gamo, Instructor
Donations accepted

Wednesdays, 6:00-7:15 pm 102

Viniyoga - Ann Ford, Instructor

Wednesdays 9:00-10:00 am 102

Moving with the Body Mind
Carolyn Rosenfield, Instructor

Thursdays 5:00-6:00 pm 202

Moving with the Body Mind
Carolyn Rosenfield, Instructor

Thursdays 6:45-8:00 pm 202

Tai Chi Chu'an
Colleen Hart, Instructor
March 1- May 10 (no class April 12)
May 24 - August 9 (no class July 12 and
19)
10 week series, \$150. Call for more
information @ (206) 528-9096.

***These classes are NOT eligible for
Normandy Park Yoga Class Cards or
other discounts.**