



insideout
yoga

8016 Dayton Avenue North Seattle, WA 98103
tel: 206.992.4808 www.ioystudio.com

Fall Schedule: Session I: Sun, Sept 7 thru Thur., Oct 30 (8 weeks)
Session II: Sun, Nov 2 thru Thur., Dec. 18 (7 weeks)

Sunday 5:30 - 6:45pm Level I
Monday 10:00 - 11:15am Level II-III
Tuesday 6:00 - 7:15pm Beginning
7:30 - 8:45 Start Up Yoga
Thursday Noon - 1:05 pm Beginning
5:45 - 7:00pm Gentle

The cost for each class is \$16. OR sign up for the whole series and save -- \$115 for 8-week session or \$207 for 2 classes per week for the 8-week session. Note: for 7-week session: \$100 for one class per week \$180 for two classes per week.

Additional 10 % discount for students and seniors.

Drop-ins are welcome in any of the classes (space permitting, please call to inquire about space in the class you wish to attend). Drop-in fee is \$16

Class Make-up policy: Please do your best to attend the class for which you have registered. If you do miss a class it must be made up within the same session.

WORKSHOPS/SPECIAL OFFERINGS:

- ❖ **Yoga for Children**, Mondays, Sept 15 thru Oct 20, Mon, 3:30-4:10pm, ages 5-9, \$50 for the series, \$10 drop-in.
- ❖ **Parent/Child Yoga**, Saturday, Sept 27, 3:00-4:15pm, ages 3-9, \$20 per parent/child pair.
- ❖ **Second Friday Restorative Yoga and Lecture Series**, Oct 10, Nov 14, Dec 12. \$25 includes refreshments and lecture/demo.
- ❖ **Women's Empowerment Group**, Kim and Jennifer Adler, Yoga, Meditation, Nutrition, Financial Abundance, Mondays, Sept 29 thru November 3, 6:30 - 9:00pm, \$330.
- ❖ **Yoga for Teens**, Thursdays, Oct 16 thru Nov 20, 7:30 - 8:30pm, Register thru Shoreline Parks and Recreation Department.
- ❖ **Introduction to Meditation**, Mondays, Nov 10 thru Dec 15, with no class on Nov 24, 6:00 - 7:30pm, \$100.
- ❖ **Yoga Teacher Training**, June thru November, 100 hours, six-month training, \$1500.
- ❖ **Realize Your Radiance**, Event coming in February, Body Image Group for Women coming in March. Check the websites for more information: www.ioystudio.com, www.RealizeYourRadiance.com

More information www.ioystudio.com or call Kim 206-992-4808