



insideout  
yoga

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

Session I: Sun, Jan 4 thru Thur, Feb 26

Session II: Sun, March 1 thru Thur, April 23

classes & workshops

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| <b>Sunday</b>    | 5:30 – 6:45pm Level I ~Kim  |
| <b>Monday</b>    | 10:00 – 11:15am Level II-III ~Kim   |
| <b>Tuesday</b>   | 6:00 – 7:15pm Beginner/Level I ~Kim<br>7:30 – 8:45 Start Up Yoga ~Kim                             |
| <b>Wednesday</b> | 6:15 – 7:30pm Beginner/Level I ~Cora  |
| <b>Thursday</b>  | Noon – 1:05 pm Beginning ~Kim<br>5:45 – 7:00pm Gentle ~Kim<br>7:15 – 8:30pm Half and Half ~Denise |

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. 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:

- **Free Classes! Sat, Jan 3, 9–9:45am Children with Kim. 10-11am All levels adults with Cora, 11:15am-12:15pm. All levels with Denise**
- **Second and Fourth Friday Restorative Yoga and Lecture Series**, Jan 23, Feb 13 and 27, March 13 and 27. \$25 includes refreshments and free lecture/demo, 2nd Fri with Kim, 4th with Denise.
- **Design your Home Practice**, Sun, Jan 18, 2 – 4:30pm Feb 2, 3 – 4:30pm.
- **Second Sunday Meditation**, Feb 8, Mar 8, 4:30 – 5:20pm, By donation.
- **Yoga for Children**, Mondays, January 19 thru February 23, 3:30 – 4:15pm, ages 5–9, \$50 for the series, \$10 drop-in.
- **Yoga for Teens**, Thursdays, Jan 22 thru Mar 12, 7:30 – 8:30pm. Register thru Shoreline Parks and Recreation Department.
- **Partner Yoga for Valentine's Day**, Sat, Feb 14.
- **Women's Yoga and Mindful Eating**, co-led with Jennifer Adler, renowned nutritionist and chef. Date TBA.
- **Yoga Teacher Training**, coming in the fall, 100 hours, six-month training, \$1800.
- **Realize Your Radiance**, March 21, [www.RealizeYourRadiance.com](http://www.RealizeYourRadiance.com)

For more information: [www.ioystudio.com](http://www.ioystudio.com) • [www.ioystudio.com](http://www.ioystudio.com)  
or call Kim 206-992-4808 • 206-992-480