



DAVID LANG
Urban
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The Power of Kundalini Yoga 2004 Schedule of Classes

On-Going Drop-In Classes Open to All Levels

Weekday mornings: Wednesday 8:45am

Weekday eves: M Tu W Th 5:30pm; M 7pm

Weekends: Sat 8:30am; Sun 7am, 5pm

KUNDALINI BASICS: M & W 5:30pm

BEYOND BASICS: Wed. 7pm

WOMEN'S CLASS: Sat 10:30am-12N

PRE-NATAL: Tu 7pm & Sat 12:30pm

PARTNER YOGA: 2nd Fridays 7:30-9pm

Sat Nam Rasayan Practice Group Th 7pm

FREE Morning Sadhana 4am Daily

Drop-In Rate \$6; St/Sr \$5

Pre-pay 10 classes and save 10%

Call 686-0432 for recorded schedule

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Sun. Jan. 18, 5:00-7:30pm with Donna
\$15 with one extra class. Preregister now!

New Winter Classes!

The Wellness Workout
Tue & Thu, Noon-1:00pm with Donna
A 1-hour combo class including
* Low-impact dance
* Weight-training
* Yoga postures
An all-in-one way to feeling fit
and fantastic! Call for details.

Kid & Family Yoga
with Nancy
Tuesdays, 3:45pm
Jan. 20-Mar. 9 (8-week)
Cost: \$75 for Adult & Child
Additional child: \$30 extra
Preregister now!

Explore Evening Drop-in Classes!

Mondays 7:15pm
Gentle Beginning
with Justine Gross
Justine practices mind/body
medicine through yoga therapy
and as a specialized kinesiologist.
Through yoga, Justine promotes
unity consciousness within the
Self that expands to the community and beyond.

Tuesdays 5:30pm
Yoga Dance
with Jean Nelson
Jean is a trained dancer with
the Masters in Dance at the U of O, her classes
are kinesthetic and structural in approach, while
creating a nurturing and supportive learning
environment.

Wednesdays 7:15pm
Posture Flow
Continuing/Intermediate
with Lisa Flammer
Though Lisa's roots are in the
Ashtanga tradition she has moved towards a
more simple teaching format, which incorporates
holding poses for longer periods of time,
working with proper alignment and quality of
breath. With deep relaxation at the end of class,
you are sure to be taken into the peaceful night.

Thursdays 7:30pm
Hot Yoga
with Peter LeSeuer
Peter brings a background in
yoga, dance and massage to his class. Trained
at the Portland Yoga College of India, Peter has
formed his own style of Hot Yoga, incorporating
disciplines from past yoga mentors, and his
knowledge of movement and the body systems.

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for complete schedule!**
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