

YOGA WEST

3635 Hilyard
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
CLIP THIS AD for FIRST CLASS FREE

FOUR WINDS YOGA

FOR BODY • MIND • SPIRIT

Featured Drop-in Classes!

Mon. 5:30-7:00pm
All Levels with **Netti**

Netti shares a holistic view grounded in the Interdisciplinary Yoga tradition. With a nursing background, she has knowledge in body mechanics and is able to adapt postures to accommodate health issues.

Tues. 5:45-7:15pm
Therapeutic Yoga with **Karen**

Utilizing John Friend's Anusara Yoga Principles of alignment and strength, **Karen's** class administers ways in which yoga can help alleviate pain and discomfort in the body, and encourages integration, flow, and ease of movement.

Wed. 5:30-7:00pm
Ashtanga
Intermediate with **Matt**

Matt's class focuses on Ashtanga Primary series as well as some advanced postures. Student can also work with her/his own level while benefiting from practicing with others. A combination of discipline and fun creates a sense of bonding after a vigorous practice. Create the Heat Within!

Thurs. 7:30-9:00pm
Hot Yoga
with **Peter**

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.

Fri. 5:45-7:15pm
Continuing
with **Tom**

Currently training in Anusara Yoga, **Tom** fully embraces the virtues offered by the teachings of yoga and is grateful for the opportunity to share. He believes that yoga expresses freedom most eloquently and enjoys leading others to experience it for themselves.

We also have many Gentle & Beginning Classes, Prenatal, Kid & Family Yoga. Be sure to visit our website for complete schedule!

www.fourwindscenter.com
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Nia

Classes with: **Janet Hollander 747-3850**

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ew Classifieds

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