



sage butterfly

"In The Flow" Yoga

CLASS SCHEDULE

Thursday:

4:00 pm - Qi-Yoga-ng - Studio

(Qigong & Yin Yoga)

BEGINNING APRIL 30...

5:30 pm -In the Flow Yoga

Saturday:

8:30 am - "In the Flow" Yoga - Sandcastle

10:15 am - Zumba Gold - Studio

(Gentle Flow currently upon request.)

Drop Ins: \$12.00

***4 Class Pass - \$40 (\$10/class)**

***8 Class Pass - \$68 (\$8.50/class)**

*** Unlimited - \$100**

** must be used within a month period*

'One on One' or Buddy Yoga (up to 3 students):

\$30/hr (4 or more at additional \$8.50 each)

**Bring this handout &
get \$3 off your first class.**

Maureen Kelly, CYT, MBTI®

(Certified Yoga Teacher/Myers Briggs Consultant)

www.sagebutterfly.com

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Class Descriptions

ALL LEVELS WELCOME!

"In The Flow" Yoga:

"Vinyasa" ...Using fluid motion to bring awareness to the different chakras (energy fields) in our bodies through specific postures & breathing. (Beginners welcome, too!)

"Qi-Yoga-ng"

A mix of **Qigong and Yin Yoga**... The combination of these two disciplines brings about balance & healing as well as a peaceful heart and mind.

Zumba Gold

Combines Latin rhythms and easy to follow moves to create a dynamic workout. ("Gold" refers to a beginner level though you can make it as aerobic as you please.)

Each of these classes lasts 60 minutes. Please arrive at least 10 minutes prior to start time. Each student is responsible for knowing his/her own limits. Yoga is not about competition, but self-discovery.

CLASS LOCATIONS:

(see more detailed directions online at

www.sagebutterfly.com)

sage butterfly studio

4880 beachcomber drive, (breezeway)

birch bay, WA - (360) 920-1125

sandcastle

7866 birch bay drive - birch bay, WA

(360) 371-4900

*Check our website
often for UPCOMING WORKSHOPS!*