

YOGA Classes with KELLY Connor.

March 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning		9:45-11:15a Bliss FLOW level 1-2 @ YYB		9:45-11:15a Bliss FLOW level 1-2 @ YYB			
Mid-day	12:30 Vinyasa Flow level 1.5 @ CF						
Evening			5:45-7:45pm Bliss Flow - level 1-2 @ YYB	7:30- 8:30pm Hatha Flow - all levels @ CF			

CF = Community Fitness, 2113 NE 65th Street (Ravenna Neighborhood). www.communityfitness.com \$9.80/ class.

YYB= Yoon's Yoga Bliss, 15823 Westminster Way North, Shoreline, WA (Aurora Square shopping area, near PaperZone) www.yoonsyogabliss.com \$15/class.

Coming SOON: Sunday 4:30pm Mellow-Out Yoga @ CF.

Subbing: Friday, March 26 12:15-1:15 @ CF.

PEACE + LOVE. ALWAYS. NAMASTE.

Kelly