



# Viniyoga Classes

*At Si View with Megan Schweppenheiser*

## **Yoga for Everyday Living 6-week series**

The Viniyoga approach will provide the tools for self-discovery to explore movement patterns and bring greater balance to the body, breath and mind in service of your athletic pursuits. No prior experience with yoga is necessary and class is open to all levels. Please bring a yoga mat, blanket and dress comfortably for movement.

**Thursdays March 1-April 5  
7:30PM-8:30PM  
at Si View Community Center  
\$97.50  
Couse ID 9267**



[www.siviewpark.org](http://www.siviewpark.org) / 425-831-1900

