

# - FREE WEEK -

at Two Dog Yoga in Lake City  
12549 28th Ave. NE



Friday, February 17 — Monday, February 20  
*take as many as you like | all are welcome*



<b>Fri</b> <b>2/17</b>	6:00 - 7:30am	Yoga	Annie
	8:30 - 9:45am	Gentle yoga	Wendy
	10:00 - 11:30am	Yoga	Wendy
	1:00 - 2:30pm	Yoga	Leslie
<b>Sat</b> <b>2/18</b>	8:30 - 10:00am	Yoga	Annie
	10:15 - 11:45am	Yoga	Annie
	12:00—1:15pm	Gentle yoga	Annie
	1:30—2:30pm	Qigong	Martha
	2:45 - 3:45pm	Parent-child yoga	Leslie
<b>Sun</b> <b>2/19</b>	11am - 12:30pm	Yoga	Suzanne
	4:15 - 5:15pm	Mountain Way Meditation	Martha
	5:30 - 7:00pm	Yoga	Leslie
<b>Mon</b> <b>2/20</b>	6:00 - 7:30am	Yoga	Nancy
	12:00 - 1:15pm	Yoga	Annie
	5:30 - 7:00pm	Yoga	Annie
	7:15 - 8:45pm	Qigong	Martha

With appreciation for our students & community  
[WWW.TWODOGYOGA.COM](http://WWW.TWODOGYOGA.COM) 206-367-9608

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