

# SUMMER AT TWO DOG YOGA IN LAKE CITY

## YOGA CLASS SCHEDULE

5-week series beginning  
June 15th and July 20th.

5-Class Series \$55

Day	Time	Level	Instructor
Mon	12:00 - 1:15 pm	All Levels	Shannon
	5:30 - 7:00 pm	Level I	Annie
	6:30 - 8:00 pm	Prenatal ★	Leslie
	7:15 - 8:45 pm	Level II	Jane
Tue	6:00 - 7:30 am	All Levels	Annie
	8:30 - 9:45 am	Gentle	Wendy
	10:00 - 11:30 am	Level I	Wendy
	5:30 - 7:00 pm	Level II/III	Shannon
	5:30 - 7:00 pm	All Levels ★	Annie
Wed	5:30 - 6:45 pm	Gentle	Cleo
	7:00 - 8:30 pm	Level I	Cleo
Thu	7:00-8:00 am	All Levels	Jane
	5:30-7:00 pm	Level I	Wendy
	7:15 - 8:45 pm	Level II	Wendy
Fri	6:00 - 7:30 am	All Levels	Annie
	10:00 - 11:30 am	Level I/II	Wendy
Sat	8:30 - 10:00 am	Level II	Annie
	10:15 - 11:45 am	Level I	Annie
Sun	11:00 - 12:30 pm	Level I & II	Irene

★ Class to be held at Little Two Dog Studio (Call for Directions)

## SOARING CRANE QIGONG

with Martha Hurwitz

A movement-based meditation form, well-suited for those seeking prevention or recovery from illness, injury or the tolls of daily life. All abilities welcome.

### Level One Qigong \$130

Beginning instruction

Weekly Series: Tuesdays 7-9:00pm  
July 7th-August 11th

or

Weekend Workshop:

May 30th: 1-6pm and May 31st: 9-5pm



### Qigong Practice Sessions

Ongoing practices for those who know the Five Routines: \$15 drop-in, punch card and series rate.  
Tuesday 12:00-1:30pm  
Friday 7:00-8:15am



### NEW! Qi Inspired Journaling

An Eve of Flow

Friday May 15th, 6:00-8:30pm: \$36  
Sliding Scale Available

[twodogyoga.com](http://twodogyoga.com)

(206) 367-9608

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