



# Two Dog Yoga presents Yin Yoga & Meditation



with Shannon McCall

Fridays, 7-9 pm  
August 13, September 10, October 8



**Yin yoga** highlights meditative awareness in asana using long held postures, guided relaxation and **meditation**. This quiet class allows you to deeply enter your body, feeling and releasing tension while connecting with yourself and the earth. Leave feeling refreshed and restored. Soothing music will accompany some of the long holds. **This class is suitable for students at all levels.**



**Shannon** has been on the yoga path since 1984 and has been teaching since 1991. She has trained in authentic movement, body-based meditation and western psychology. She has enormous faith in the body's wisdom, and seeks to empower students to know and trust this for themselves.

Class fee \$20  
Pre-Registration Requested

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