

Gentle Yoga for Everyone with Wendy Townsend



Stretching and moving muscles, bones, and tissues bring forth a gentle experience of well-being and moves us slowly into awareness of the spirit-mind-body connection. Each student is invited, "gently and without pressure," to explore his or her edge and to embody a new sense of flexibility and balance.

Instructor Wendy Townsend has loved yoga since she discovered it 40 years ago. A teacher since 1999, she demonstrates simple poses slowly. Many of her students--age three to 100--have found her classes so rewarding they have been taking them for years. She honors each student's uniqueness and believes the benefits of yoga are healthy for any age.

Registration (see below): \$65.00 (drop-ins - \$10.00/session)



Please complete the section below and return to The Center with your payment. Thank you.

Yoga at The Center at St. Andrew's

Mondays, March 11 – June 17 (1:30 – 2:30 p.m.) • Wednesdays, April 10 – July 3 (11:15 a.m. – 12:15 p.m.)[§]

*Includes class cancellations – dates to be announced by the instructor

Name: _____ E-mail: _____

Street: _____ City/Zip: _____

Phone: _____

Please check: Monday Series Wednesday Series Both

First time participant? Yes No

Payment: \$65.00 (one session per week); \$130.00 (two sessions per week)

Drop-in Fee: \$10.00/session

Total Payment Enclosed: \$ _____

Please attach payment and return to The Center at St. Andrew's • 111 NE 80th Street • Seattle, WA 98115

Please add me to The Center at St. Andrew's mailing lists.