



## New students – First-time offers

First class (second class **FREE**): \$15

1-week unlimited: \$20

1-month unlimited: \$90

***Drop-in anytime.***

Located beside Canyon's Restaurant at Redmond Center  
15744 Redmond Way, Redmond, 98052

[www.flowyogaredmond.com](http://www.flowyogaredmond.com)

Power Vinyasa classes are energizing! Dynamic flow focuses on integrating breath and movement, awareness and alignment & strength and flexibility.

**ALL-LEVELS** Everyone is welcome — come do what you can. It's a practice to work into gradually and we'll suggest modifications for all the poses. If you're interested in learning the poses in more detail, intro/alignment workshops are offered monthly.

**LEVEL 2 FLOW** Deepen the flow of your yoga practice in this Vinyasa class. We will focus on cultivating strength and flexibility through introducing new poses and variations; building on the basics; exploring and extending time in inversions; developing core strength and breathing as essential to the practice; having fun while innovating our practice. Modifications and variations will always be offered: know and respect your body. Everyone is welcome, although yoga experience and consistent practice is helpful!

**BASICS** Flow class with particular emphasis on the foundational postures and deepening the student's knowledge of alignment. Great class for beginners or those new to vinyasa (flow-style) yoga.

**GENTLE YOGA** Gentle Yoga is a slow paced, mild but profoundly therapeutic class that focuses on breathing awareness, stretching the body and inducing deep relaxation. A combination of restorative yoga poses, longer holds of supported poses (using props), mild adjustments, and breathing exercises is used. This class is great for students that would like to experience the benefits of yoga from a less active approach. Open to all levels: for beginners and people with physical limitations and for those interested in balancing an active lifestyle. This class will make you feel more clear, renewed and invigorated.

### MONDAY

5:45 PM - 7:00 PM

7:15 PM - 8:15 PM

### TUESDAY

9:00 AM - 10:00 AM **Basics**

4:30 PM - 5:30 PM

5:45 PM - 7:00 PM

7:15 PM - 8:15 PM **Gentle**

### WEDNESDAY

5:45 PM - 7:00 PM

7:15 PM - 8:15 PM **Dynamics**

### THURSDAY

9:00 AM - 10:00 AM

5:45 PM - 7:00 PM

7:15 PM - 8:15 PM **Basics**

### FRIDAY

12:00 PM - 1:00 PM

### SATURDAY

8:00 AM - 9:30 AM **Level 2**

### SUNDAY

9:30 AM - 11:00 AM

2:30 PM - 3:45 PM

**All classes power vinyasa (all-levels) unless specified.**

Please check website for latest updates to schedule, upcoming workshop dates and events.

*for more information:*

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Redmond, WA 98052  
(425) 947-4518

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