

**Health is Wealth
Peace of Mind is Happiness
Yoga Shows the Way**

-Swami Vishnu-devananda



- ☸ No experience necessary.
- ☸ All poses can be modified to suit your unique body.

Please...

- ☸ Advise your instructor of any medical condition or physical limitation before beginning.
- ☸ Wear comfortable clothing.
- ☸ Refrain from eating before class.
(Yoga is best done on an empty stomach.)

GEORGETOWN YOGA



**Georgetown Yoga
5519 Airport Way Suite 2
Seattle WA 98108**

**Next to Stellar Pizza
Entrance on south side door**

206.235.6061

info@georgetown-yoga.com | www.georgetown-yoga.com

Classical Hatha Yoga from the Sivananda Lineage



Sandy McDonald
Instructor

In another life, during her years in the IT field, Sandy McDonald began studying yoga as a means of maintaining her physical strength and mental focus. While yoga practice brought a sense of order to her chaotic workdays, she felt a calling to share her newfound peace with others in similar environments.

In 2003 she studied the philosophy of yoga at the Sivananda Yoga Vedanta Ashram in the Sierra Nevada foothills. Once certified, she began teaching at studios and to the corporate world throughout the greater Seattle area.

Her concern for others has given her the opportunity to bring her compassionate teaching style to the Federal Aviation Administration, Starbucks, Cell Therapeutics Incorporated, King County and many other Seattle companies and studios.

In October of 2007, Sandy opened Georgetown Yoga while still maintaining a full corporate schedule.

Fall Class Schedule

Instructor

Monday	9:30 am	12:30 pm	6:00 pm	Sandy
Tuesday	6:00 am*	9:30 am	12:30 pm	Sandy
Wednesday	9:30 am	12:30 pm	6:00 pm	Sandy
Thursday	6:00 am*	9:30 am	12:30 pm	Anne
Friday	9:30 am	12:30 pm	6:00 pm	Sandy
Saturday	10:00 am			Sandy
Sunday	TBA			

*Starts December 4, 2007

Morning and afternoon classes are 60 minutes.

Evening classes are 90 minutes.

\$12 rate for single classes

Punch cards available

4-class card - \$40

6-class card - \$60

(Punch cards are valid for three months)

Monthly Unlimited Pass: \$85

All skill levels welcome

Drop-ins welcome