



## Holiday 2017 Classes

1.5 hour Drop-in classes    \$17 per class    Punch Cards Ok  
*No Registration Required*

Monday, Dec. 11	9:45 am	Adv. Beginning	Rachel	A
	11:30 am	Beginning	Beth	A
Tuesday, Dec. 12	6:00 pm	Intermediate	Beth	A
Wednesday, Dec. 13	9:30 am	Adv. Beginning	Laila	A
	6:00 pm	Beginning	Rachel	A
Thursday, Dec. 14	9:30 am	Beginning	Rachel	A
	6:00 pm	Intermediate	Beth	A
Friday, Dec. 15	8:15 am	Intermediate	Laila	A
	10:00 am	Adv. Beginning	Laila	A
Monday, Dec. 18	11:30 am	Beginning	Beth	A
Tuesday, Dec. 19	11:30 am	Intermediate	Stuart	A
	6:00 pm	Intermediate	Beth	A
Wednesday, Dec. 20	11:30 am	Adv. Beginning	Stuart	A
	11:30 am	Beginning	Laila	C
Thursday, Dec. 21	6:00 pm	Intermediate	Beth	A
Friday, Dec. 22	8:15 am	Intermediate	Laila	A
	10:00 am	Adv. Beginning	Laila	A
Wednesday, Dec. 27	11:30 am	Adv. Beginning	Stuart	A
Thursday, Dec. 28	11:30 am	Intermediate	Stuart	A



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Wednesday, Jan. 3	11:30 am	Adv. Beginning	Stuart	A
Thursday, Jan. 4	11:30 am	Intermediate	Stuart	A

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*Beginning = Levels 1-2    Adv. Beginning = Levels 2-3    Intermediate = Levels 3-4 & up*



## Holiday 2017 Special Focus Classes

*Registration Required*

### HOME PRACTICE FOR ADVANCED BEGINNERS

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Saturday, Dec. 9	12:00 – 3:00 pm	Levels 2, 3 & 3/4	Beth	\$45
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Discover ways to create a sense of lightness as the weight of winter rolls in. In this class we will build sequences that support the body as seasonal demands shift.

### SLO MO YOGA

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Saturday, Dec. 16	9:00 – 11:00 am	Levels 2 & 3	Hope	\$30
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Join us for a slowed down, contemplative yet challenging practice. Learn how going very S – L – O – W – L – Y into and out of poses can increase strength, improve balance and change your perspective.

### HOME PRACTICE FOR BEGINNERS

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Saturday, Dec. 16	12:00 – 3:00 pm	Levels 1 & 2	Beth	\$45
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Are you wondering what poses to do at home? Or having trouble with motivation or regularity? Let me help you!

### RESTORATIVE YOGA

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Friday, Jan. 5	9:00 – 11:00 am	Levels 2 & up	Laila	\$30
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Holidays been too much for you? Come relax in this restorative class and rejuvenate for the new year.

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**Registration Form** (Pre-registration is required for the Special Focus Classes)

**Enroll me in:**

Class Title	Date	Cost
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**I've included my payment for \$ \_\_\_\_\_**

Please send in full payment with this form to the address below. Make checks payable to Gudmestad & Assoc.

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Name: phone: email address:

Gudmestad Yoga Studio • 3903 S.W. Kelly, Suite 210 • Portland, OR 97239

phone: (503)223-8157 • fax: (503)248-4730 • [www.gudmestadyoga.com](http://www.gudmestadyoga.com)