

# COLLEEN'S CLASSES



Please call to register for a class or go to  
<http://www.seekingsolaceyoga.com>  
913-302-2439

Group  
Lessons



**Monday 10-11:15**

Beginner/intermediate  
I teach for the needs of  
the students

**Friday 9:30- 10:30**

We start seated w/our  
breath work and warm  
up & then progress to a  
slow paced standing  
sequence

Private  
Lessons



Private Lessons  
are tailored to the  
individual or the  
group

<http://www.seekingsolaceyoga.com/>

Additional  
pop-up classes  
for June



**Must pre-register and pay for  
these**

**classes in advance**

**Restorative Yoga-** Thurs, 7/6  
6-7:30 pm \$30

**Restorative Yoga Sound Bath-**  
Thurs 7/12 \$50 6-7:30 pm

**Restorative Yoga-** Tues 7/18  
6-7:30 pm \$30

**Restorative Yoga-** Tues 7/25  
6-7:30pm \$30

**Restorative Yoga-**Tues, 8/02  
6-7:30 pm \$30



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