



# Studio 122

Center for Health & Movement

## Yoga

Monday's 7-8pm

If you are looking for a challenging, dynamic practice that moves and flows in time with the breath then this class may be for you.

Mark Kinder is a certified yoga teacher who has completed over 1,000 hours of teacher training programs and has over 15,000 hours of teaching experience. In addition, he has been recognized by the Yoga Alliance at the 500 hour level.

Mark's classes are a balanced blend of vinyasa, ashtanga, and traditional hatha yoga styles, all rolled into one class.

\$15 per class  
\$120 for 10 class card  
First Class FREE!

## Qi Gong

Friday's 12-1:30pm

**August 10th– September 14th**

Come enjoy a 5-week introduction to Qi Gong. This class will give you an understanding of how breath, body movement, awareness and energy come together in the practice of Qi Gong.

Michael Belliveau has spent the last five years in China studying with a Qi Gong master. He has extensive experience teaching Qi Gong classes and working with individuals.

\$100 = 4 weeks pre-paid  
**August 10th** Demo Class= FREE

## More to Come!

Check back frequently for:

- \* Additional fun and energetic group classes
- \* Up-coming presentations, courses and lectures on holistic health and movement

For reservations and information call:  
**(206) 624-6693**

Visit us at:

[www.studio122training.com](http://www.studio122training.com)