

Lake Harriet Spiritual Community

YOGA SCHEDULE

| Day | Time | Class | Instructor | Cost |
|----------|-----------------|-------------------------------------|--------------------------------------|---|
| Monday | 6:00pm-7:00pm | Every Body's Yoga | Christopher Johnson | Donation |
| Monday | 7:30pm-8:30pm | Vinyasa Yoga (6/20-8/8) | Kim Lewis | \$45 for 7 weeks or \$8/ class |
| Tuesday | 6:30pm-7:30pm | Ashtanga Yoga | Karen Onny | \$11-15 (12 classes/ \$155, 24 classes/\$260, drop-in \$15) |
| Thursday | 5:30pm-6:30pm | Softer Flow Yoga (Beginner Level) | Karen Onny | \$11-15 (12 classes/ \$155, 24 classes/\$260, drop-in \$15) |
| Saturday | 10:00am-11:00am | Saturday Morning Yoga | Karen Onny | \$11-15 (12 classes/ \$155, 24 classes/\$260, drop-in \$15) |
| Sunday | 12:00pm-12:45pm | Laughter Yoga (Except first Sunday) | Pete and Jan Girard; David Schaal | Donation |

INSTRUCTOR INFORMATION

Pete and Jan Girard/David Schaal

Pete, Jan and David are all certified Laughter Yoga Leaders and committed to spreading Peace, Joy and Happiness through Laughter. Laughter Yoga is different than other popular forms of yoga. Laughter Yoga stimulates laughter in a group, combining eye contact, childlike playfulness and laughter exercises. Pete and Jan may be reached at girard.janandpete@gmail.com and David can be reached at davidrobertschaal@hotmail.com.

Kim Lewis

Kim teaches Vinyasa yoga through Minneapolis Community Education and has completed Level II Teacher Training. She studies several styles of Hatha yoga including Anusara, Ashtanga, Para Yoga®, Pratyahara-Nidra, and some Ayurveda science. Kim may be reached at (480) 229-7318.

Christopher Johnson

Christopher may be reached at john0700@hotmail.com.

Karen Onny

Karen has been teaching Ashtanga-based yoga since 1999. She has reached Master Healer level in Spring Forest Qi Gong. In addition to her yoga instruction, Karen will also be offering Qi Gong workshops and meditations. She may be reached at (612) 202-0337 or www.lindenhillsyogaandmassage.com.

For more information on the events at LHSC, please visit www.LakeHarrietSpiritualCommunity.org or call 612-922-4272.