



Winter Schedule 2010

www.healthwithinsite.com

Monday

12:00 – 1:00pm

Easy Beginning Yoga

Karen Whittier

5:45 – 6:45pm

Easy Beginning Yoga

Karen Whittier

(justasoccermom@comcast.net)

7:00 – 8:00pm

Hip Hop Dance Roq Steady Eddie

Learn Michael Jackson's 'Thriller' dance steps(roqsteadyeddie@yahoo.com)

Tuesday

9:30 – 10:30am

Easy Beginning Yoga

Karen Whittier

7:00 – 8:00pm

Tarot John Kilgore

(tarotmadeeasy@gmail.com)

Wednesday

12:00 – 1:00pm

Easy Beginning Yoga

Karen Whittier

5:45 – 6:45pm

Easy Beginning Yoga

Karen Whittier

Thursday

9:30 – 10:30am

Easy Beginning Yoga

Karen Whittier

11:00 – 12:00pm

Qigong & Meditation

Hazel Wolf

(alpinechi@yahoo.com)

7:00 – 8:00pm

Belly Dancing Banshee aka Rebecca

(dance@wolf-nail.com)

Friday

5:45 – 6:45pm

Rejuvenating Yoga

Kathy Steeh

Six resting positions

(healthwithin@verizon.net)

To Register: Phone 425-898-1191 or email healthwithin@verizon.net

Punch cards good for all classes / 10 classes for \$90 / Drop-ins - \$10 per class

Pay at door

Health Within class location:

8226 196th Avenue NE., Redmond, WA 98053