

MADRONA

MINDBODY INSTITUTE

Your Sanctuary for Conscious Dance & Living

JANUARY-FEBRUARY 2012 CLASS SCHEDULE

Please see online schedule for most updated schedule and changes.

MONDAY	CLASS	TEACHER
9:30-10:30 am	NIA	David Conklin
12:00-1:15 pm	*GENTLE INTRO YOGA	Danielle Holland
7:00-8:30 pm	*EMBODIED ECSTATIC DANCE	Amy Priest
TUESDAY	CLASS	TEACHER
8:00-9:15 am	MINDFUL MOVEMENT DANCE	Aletia Alvarez
9:30-10:30 am	NIA	Allison Dey
6:00-7:00 pm	NIA	Jan Burr
WEDNESDAY	CLASS	TEACHER
8:30-9:30 am	AWAKENING SOUND+BODY	Aimee & Judith-Kate
9:30-10:30 am	NIA	David Conklin
12:00-1:00 pm	NOONER NIA	Allison Dey
4:30-5:30 pm	AWARENESS THROUGH MOVEMENT	Ingrid Musson
6:00-7:00 pm	*ROCK YOUR ASANA: YOGA	Danielle Holland
7:00-9:00 pm	*INSIGHT MEDITATION	Group Leaders
THURSDAY	CLASS	TEACHER
9:30-10:30 am	NIA	Allison Dey
6:00-7:00 pm	NIA	Jan Burr
7:00-8:30 pm	LIVE IT * LOVE IT * MOVE IT * DANCE	Community Dance
FRIDAY	CLASS	TEACHER
9:30-10:30 am	NIA BASICS	Allison & Guests
9:30-10:30 am	*ROCK YOUR ASANA: YOGA	Danielle Holland
12:00-1:00 pm	COMMUNITY NIA	Allison Dey
SATURDAY	CLASS	TEACHER
8:30-9:45 am	ALL LEVELS YOGA	Renee Klein
10:00-11:00 am	NIA	Allison Dey
SUNDAY	CLASS	TEACHER
9:15-10:00 am	*BODY PRAYER ~ \$6 (or \$3 with SoulFul Sunday)	Aletia Alvarez
10:00-11:40 am	SOULFUL SUNDAY DANCE	Aletia Alvarez
Noon	YUM-YUM POTLUCK (1st Sunday/month)	Dish Deelish

**Classes available with special discounted pricing or pay teacher directly*

SPECIAL EVENTS & UPCOMING WORKSHOPS

- Dec 31st** NEW YEAR'S POWER ANIMAL BALL | DANCE | ART 7:00 p.m.-1:00 a.m.
Mask Making | Power Animal Parade | Awards – engage the power of your animal spirit to bring in the New YEAR! Into the night...aaarroouuuugggh!
- Jan 1st** NEW YEAR'S DAY SOULFUL SUNDAY - PAJAMMA PARTY WAKEUP DANCE
Body Prayer (1st time offering) starts at 9:15 followed by SoulFul Sunday @ 10:00 and then off to the YUM-YUM New Year's Potluck | Brunch. Dish Deelish will be flippin' some pancakes! Contribute a dish of divinity.

www.MadronaMindBody.com
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