



STUDIO SHALOM

EARTH ELEMENT FLOW

HATHA YOGA FOR ALL LEVELS

class schedule

MONDAY
5:00PM - 6:15PM

SOUNDVIEW CENTER
WHIDBEY ISLAND

estudioshalom.co

Start your week with this hatha flow class themed on the seasonal TCM element.

Spring (February - April) - focus on the TCM wood element, growth, birth, and liver/gallbladder qi.

Early summer (May - July) - focus on the TCM fire element, joy, connection, and heart/small Intestine qi

Late summer (August - September) - focus on the TCM earth element, grounding, digestion, transformation, and spleen/stomach qi.

Fall (October - November) - focus on the TCM metal element, harvesting, letting go, grief, and lung/large intestine qi.

Winter (December - January) - focus on the TCM water element, storage, deep rest, conservation, and kidney/bladder qi.

At Studio Shalom, you'll receive clear, alignment based instruction, thoughtful pose variations, and guidance that meets you exactly where you are. Whether you're a long time practitioner or this is your first practice, my intention is to support your own practice and experience. We'll enjoy a flow and meditation based on the month's theme, incorporating optional weighted tuning forks for acupressure points and essential oils for acupressure aromatherapy. We will also implement Iyengar-inspired props for alignment and longer holds for deep physical awareness. Join us and experience the benefits of consistent yoga practice!

Located at Soundview Center in Langley, WA. 5pm - 6:15pm.
Drop-ins are welcome!

Yoga at Soundview Center
meet in the group room
432 3rd Street, Langley, WA 98260

Start your week with this hatha flow and meditation class. All levels are welcome!

Contact Shalom with any questions:

928.713.5442
@studioshalom.co

\$20/class or \$60 for 4 classes
via Venmo or PayPal @Shalom-Eis

Shalom Eis

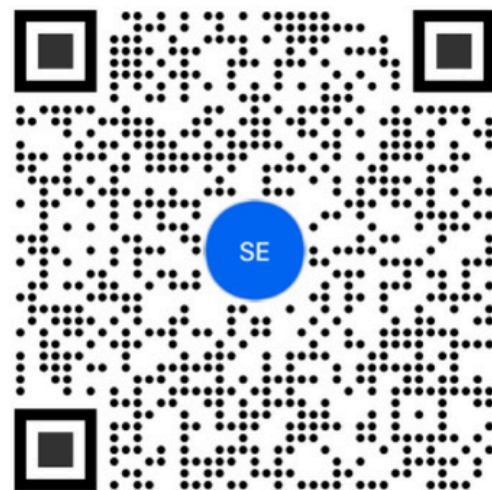
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