

**Group Classes**

**Vinyasa: Beginner, All Levels & Level 2**

Vinyasa is a vigorous, dynamic style that links breath and movement with a heat building sequence of postures. Beginners are welcome in All Levels class.

**Chair Yoga**

This gentle yoga class is practiced while seated or supported by a chair. Recommended for beginners, those new to yoga.

**Gentle Stretch**

This class will focus on slow, deep stretching, mostly on the floor. Recommended for all levels including beginners.

**Yoga Spotlight**

This class will explore a single pose: anatomy, technique, benefits, contraindications. Different each week. All levels welcome.

**Zumba Gold**

A dance fitness class to latin and world music. Beginners welcome.

**Kid's Yoga**

A fun, playful class for all ages. Parent participation encouraged.

**Specialty Classes:** Please pre-register, \$25.

**Restorative Yoga w/ Christen**

Active/conscious relaxation in reclined positions that are supported with props like bolsters, pillows and blankets. Alternately stimulates and soothes the body. No experience necessary.

**Rejuvenation w/ Claire**

A White Lotus Foundation-based class that incorporates the "Earth" flow series and restorative poses. A basic knowledge of Vinyasa recommended.

**Class Series:** Please pre-register, see online schedule for start dates.

**Golfers Yoga**

4 class series designed for the golfer. Beginners welcome. \$45.

**Beginner Yoga**

An introductory 3 class series. Learn poses, anatomy, technique & philosophy. \$30.

**Private Classes**

Treat yourself or your group in our studio, your home or hotel. We can customize a practice for you. \$65/hour for one person, \$10/hour for each additional person for basic class. Special Events vary.

**Class Location and Fees**

**Cannon Beach Yoga Arts**

251 N. Hemlock, 2nd Floor  
Cannon Beach, OR 97110  
Above the White Bird Gallery

**Drop-in Group Class Prices:**

45 Minute Class \$7.50  
60 Minute Class \$10  
75 Minute Class \$12  
90 Minute Class \$15

**Group Class Passes:**

60 & 75 Minute 5 Class Pass \$45  
60 & 75 Minute 10 Class Pass \$85  
90 Minute 5 Class Pass \$65  
90 Minute 10 Class Pass \$115



Mon	Tues	Wed	Thur	Fri	Sat	Sun
All Levels Vinyasa 800-915 Christen	Beginner Vinyasa 930-1030 Claire	All Levels Vinyasa 800-915 Christen		All Levels Vinyasa 800-915 Christen	All Levels Vinyasa 900-1030 Christen	
Chair Yoga 930-1030 Christen	All Levels Vinyasa 1130-100 Claire	Chair Yoga 930-1030 Christen	All Levels Vinyasa 900-1030 Claire	Chair Yoga 930-1030 Christen	Gentle Stretch 1100-1200 Christen	All Levels Vinyasa 1030-1200 Claire
	Kid's Yoga 430-515 Karen	Golfer's Yoga 4-Wk. Series 400-500 Christen	Yoga Spotlight 1100-1200 Claire			
Level 2 Vinyasa 530-700 Christen	Beginner Yoga 3-Wk. Series 600-700 Claire	Level 2 Vinyasa 530-700 Christen	Zumba Gold 700-800 Lolly	1st Friday Restorative 630-830  3rd Friday Rejuvenation 600-800		

**Cannon Beach Yoga Arts** is dedicated to supporting your unique expression of the art & science of yoga with knowledgeable, safe, articulate and fun instruction designed to enhance your health and well being.

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