

Group Classes

All Levels Vinyasa Flow

Vinyasa is a vigorous, dynamic style that links breath and movement with a heat building sequence of postures. This class is designed to build strength, stamina and flexibility while maintaining precise alignment and technique. Recommended for students with some yoga experience, beginners are welcome.

Chair Yoga

This gentle yoga class is practiced while seated or supported by a chair. The adapted Hatha Yoga postures are designed to build strength and flexibility, and improve circulation and balance through focused movement that is linked with the breath. Recommended for beginners, those new to yoga, or those nursing an injury or illness.

Yoga Spotlight

This workshop style class will focus on a different pose, sequence, or yogic concept in each 1 hour class. See class description on web site for topic calendar. Recommended for all levels and those new to yoga.

Private Classes

Treat yourself to a one-on-one yoga session. Or plan a yoga event for your friends or bridesmaids. I can customize a practice for you in your home, office, hotel or on the beach.

Private Individual Classes

Deepen your practice with private instruction:

- 👤 jump-start your home practice
- 👤 work on a particular pose or area of the body
- 👤 nurse an injury or illness
- 👤 get some instruction if you're a beginner
- 👤 can't make a scheduled class

Private Group Classes & Special Events

Plan a yoga class to complement your wedding, family reunion, or birthday. I can design:

- 👤 a relaxing, restorative class
- 👤 an invigorating, energizing class
- 👤 a team building class

Private Instruction Fee

\$65 per hour for one person, \$10 per hour for each additional person for basic class. Special Events vary.

Class Locations and Fees

Tolovana Arts Colony

3779 S. Hemlock
Tolovana Park, OR 97145
www.tolovanaartscolony.org
Class packages by 4-week session:
4 classes for \$35, 8 classes for \$65, 12 classes for \$85, drop-in \$10/class

Longevity Manzanita

123 Laneda Avenue
Manzanita, OR 97130
503-369-3800
www.longevitymanzanita.com
Classes are drop-in: \$10/class



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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Mon	Tues	Wed	Thur	Fri	Sat	Sun
All Levels Vinyasa 800-915		All Levels Vinyasa 800-915		Chair Yoga 800-900	Chair Yoga 800-900	
Yoga Spotlight 930-1030		Chair Yoga 930-1030		All Levels Vinyasa 930-1045	All Levels Vinyasa 930-1045	
					All Levels Vinyasa 1200-100	

Classes at Tolovana Arts Colony are in Black.

Classes at Longevity Manzanita are in Red