

# Y G A

with Katie Killebrew

## Ongoing Class Schedule at BodyVibe Studio

MONDAY	TUESDAY	WEDNESDAY
<b>7am-8am</b> Sunrise Gentle Yoga		<b>7am - 8am</b> Sunrise Gentle Yoga
<b>9:00am-10:00am</b> Yin Yoga w/Abs		<b>9:00am -10:00am</b> Yin Yoga w/Abs
<b>12:15pm-1pm</b> No Sweat <i>Yoga-For-Lunch</i>		<b>12:15pm-1pm</b> No Sweat <i>Yoga-For-Lunch</i>
	<b>4:15pm-5:15pm</b> Yin Yoga w/Abs	<b>5:30pm-6:30pm</b> Yin Yoga w/Abs
	<b>7:45pm-9pm</b> Restorative Yoga	

**Gentle Yoga** Stay in a pose long enough to enjoy yet not pushing yourself. The body gets rid of toxins naturally, you sweat in a few poses and not at all yet the feeling of bliss is constant. Gentle yoga equally strengthens and stretches, increasing flexibility and repairing muscles that are in need of love.

**Yin Yoga** is a slow-paced style of yoga with postures or asanas, that are held for longer periods of time—for beginners, from 45 seconds to two minutes; more advanced may stay in one asana for five minutes or more. Great to deepen your practice.

**Restorative Yoga** offers a welcome respite among all the turbulence of life and helps prepare the mind and body for the inward stroke of meditation and deepened awareness. Moving slowly through the poses allows you to explore your mind and body at a steady and natural tempo.

**Lunch Yoga** is for everyone. Come in street clothes and prepare for 45 minutes of bliss. On the floor or in a chair we will do gentle poses, breathing and relaxation to bring your body back into balance.

**Saturday Workshops:** Check online! **1st Saturday of the month is Yoga for Absolute Beginners!** Don't be scared :) Come and give it a try! Other workshops posted online at [katiekillebrew.net](http://katiekillebrew.net) or [bodyvibestudio.com](http://bodyvibestudio.com)

*Katie is a very approachable and compassionate teacher and makes sure that everyone has time to ask questions and fully enjoy & understand their yoga practice!*

\$20 New Student  
for first 2 classes

Drop-In  
\$ 20

\$72 / 4 Classes  
expires 4 weeks  
(\$18 per class)

\$128 / 8 Classes  
expires 4 weeks  
plus 2 guest passes  
(\$16 per class)

Lunch Yoga  
\$12 drop-in  
6 class / \$60  
exp. 4 weeks



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**Katie@KatieKillebrew.net / 408-656-3294**



999 Andersen Drive, Suite 170  
San Rafael, CA 94901

Directly across from Rafael Lumber  
[bodyvibestudio.com](http://bodyvibestudio.com)