

Laura Nidra Presents

Taj Yoga
9250 14th Ave NW Room #2
Seattle, WA 98117



Laura DeFreitas' 2009 Spring Teaching Schedule

Monday

8:30am - 9:45am Beginner Flow

Tuesday

7:30pm - 8:45pm All Levels Flow

Wednesday

6:00pm - 7:15pm Beginner Flow

Thursday

6:00pm - 7:15pm Intermediate Universal Flow

Friday

8:30am - 9:45am Beginner Flow

Sunday

5:30pm - 6:45pm All Levels Flow

1st & 3rd Sundays: 7:00pm - 8:15pm Yoga Nidra

Laura's classes combine the strength and accuracy of held postures with the grace of breath-directed movement sequences. Build heat through fluid movement and sun salutations while simultaneously developing balance, strength, flexibility and breath awareness. Students are invited to trust in the body's intuition and to move in a way that honors this deep and discerning wisdom