

SUE ALLEN YOGA



WEDNESDAYS 9-10:15 AM

DROP-IN = \$10 • 3 classes/month prepaid = \$25

We gently cover: breathing, stretching, balance, strength, relaxation, stillness, and more... come with an empty stomach and clothes you can move in.

Instructor **SUE ALLEN** is a local artist who has been studying and practicing yoga since 1970, and teaching on the MOUNTAIN since 2003.

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SUE ALLEN 503-622-3611 sueallen@easystreet.net