

# Fall Yoga at the Star: Making Mind-Body-Spirit Connections



Come stretch your body, mind and spirit! These Purna Yoga classes include physical postures and meditation. Purna means 'complete', and the classes are intended to nourish your body, mind, and spirit. Emphasis is placed on precision and alignment of the body in the physical postures. The classes are open to all levels; no yoga experience is required. Come experience all of the benefits that yoga has to offer! Teacher: **Cassie McColl**.

Wear comfortable clothing; bring a yoga mat and a blanket.

## Session I:

Tues. Sept. 14,-Oct. 26

5:15-6:45 pm OR 7:00-8:30 pm

OR Thurs. Sept. 9- Oct. 28

10:00 am-11:30 am

## Session II:

Tues. Nov. 2 - Dec 14

5:15-6:45 pm OR 7:00-8:30 pm

OR Thurs. Nov. 4, -Dec. 16

10:00-11:30 am

(Please note that there is no class Sept. 30 and that occasionally a class may need to be rescheduled due to facility bookings. )

**Cost: \$84.00 session**

*Cassie McColl is a Certified Purna Yoga Instructor with the College of Purna Yoga in Bellevue, Washington. She has been practicing yoga for over 8 years and has spent the last 2 years studying Purna Yoga in Bellevue with Aadil Palkivala and Mirra, the founders of the college. She graduated from the 2-year program in September of this year, began teaching thereafter and is excited about beginning her teaching career. Cassie McColl was born in Edmonton, Alberta. She has an undergraduate degree in Honors Physiology (2002) from the University of Alberta.*

