

Sunday 4:00 – 6:00 pm

**January 1<sup>st</sup>, 2012**

# **108 Sun Salutation and Silent Meditation** with Tibetan Singing Bowls



Join yoga and fitness instructor Saiko Shima for a powerful start to your new year. Saiko will lead 108 Sun Salutations, a traditional method to strengthen & tone your body, bring suppleness to your spirit and invoke :a powerful determined mind. All qualities we want for 2012! After the Sun Salutations, Saiko will lead a seated meditation with a gorgeous Tibetan Singing Bowl to invite stillness, purification & quiet to the mind. Several variations of Sun Salutations will be introduced so all physical levels are welcome. Let's greet 2012 with abundance!

**Fee: \$20**  
(upon reservation)

**saikoyoga  
@gmail.com**

(Space is limited :  
early registration is  
recommended)

more info:

**USJAPANYOGA.ORG**  
**(206)724-3765**



**Embrace The Moon 1716 NW Market St. Seattle 98107**  
**www embracethemoon.com**