



Heat Therapy

Build Strength
 Improve Balance
 Increase Flexibility
 Relieve Stress
 Lose Weight
 Release Toxins

www.HotYogaInc.com

434 Parkplace Center
 Kirkland, WA 98033
 (425) 739-0880

Welcome to Hot Yoga™ of Kirkland. We offer the most exciting, challenging, hardworking, effective yoga classes in the world. Each series includes breathing exercises and hatha yoga postures designed to work every muscle, organ, joint, gland, tendon, ligament, and cell in the body. Students of all levels benefit from this total body workout. The room is heated. Wear light-weight flexible clothing and prepare to sweat!

- All classes suitable for beginners
- Come well hydrated
- Bring a yoga mat, a large towel and a bottle of water
- Arrive 25 minutes early for first class
- Prepare for a life changing experience!

Class Schedule

| | 6:30 ^(a) | 8:00 | 9:30 | 10:00 | 12:00 | 2:00 | 3:00 | 4:30 | 6:30 | 8:15 ^(p) |
|----|---------------------|------|------|-------|-------|------|------|------|------|---------------------|
| M | P | | H | | P | | | P | H | H |
| T | P | | H | | P | | | H | H | P |
| W | P | | H | | P | | | H | H | P |
| Th | P | | H | | P | | | H | H | P |
| F | P | | H | | P | | | H | P | |
| S | | H | | P | P | Y | | H | | |
| Su | | H | | P | P | | P | H | H | |

Schedule subject to change. Please check our website for the most current schedule.

H Hot Hatha Yoga(90 min)

H Hot Hatha Yoga(60 min)

P Power Yoga (75 -90 min)

P Power Yoga (60 min)

Y Yin Yoga (90 min)