



Yoga at the K-House

New session begins October 29, 2009

Come treat yourself to the practice of yoga over the Lunch Hour!



Where: WSU Common Ministry-- Koinonia House WSU Campus
720 NE Thatuna, Pullman, Washington 99163 Phone: 509-332-2611



When: Tues/Thurs 12:00-12:50 pm. October 29— December 15, 2009
Twelve sessions. Next session begins in January 2010.



Cost: \$96 per twelve class session, T/Th October 29— December 15
\$54 1 time per week.
\$10 drop in rate. Mid-session enrollment prorated.
Make-up classes available within current session.
** 25% discount for currently enrolled WSU students

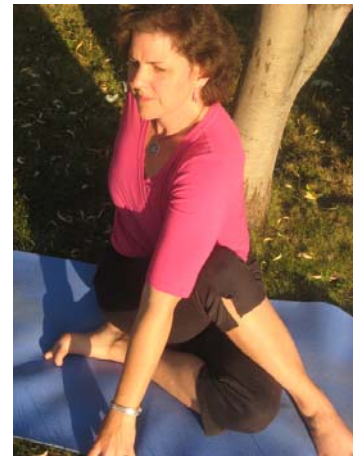
About Karen Faunce

Karen Faunce is an avid student of yoga and meditation, a mother of four, and a lover of writing and art. She is committed to a light-hearted, generous and devotional expression of the Yoga path and weaves humor and philosophy into all of her classes.

Karen has practiced Hatha Yoga for 17 years, and has been a devoted student of John Friend since 1992. She has three years of teaching experience in the Iyengar and Anusara® traditions. In 2008, Karen achieved Anusara-Inspired™ status—the first level teaching credential in the Anusara® Yoga tradition, as well as Yoga Alliance Registered Yoga Teacher (RYT-200) status.

About Anusara® Yoga

Anusara® Yoga is an American system of Hatha Yoga founded in 1997 by John Friend. Anusara® Yoga is a heart-centered, radiant style of Yoga woven with a non-dual philosophy that affirms each person's intrinsic goodness, dignity and beauty. The Universal Principles of Alignment™ used in Anusara® Yoga provide healing for the body, optimal energetic flow and a celebration of the heart.



For more information, contact:
WSU Common Ministry:
509-332-2611 OR

Karen Faunce,
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Yoga Teacher (RYT-200)

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