

One Community Spiritual Center

# Yoga Classes



Marti Lee MS RYT

The Divine in me  
honors the Divine in  
YOU

Namaste



CONNECT YOUR  
MIND, BODY AND  
SPIRIT WITH YOGA!

## Sunday

Yoga Groove  
2:00 – 3:00pm  
Advanced Workout / Arm  
Balances

Fundamentals of Hatha  
3:30 – 4:30pm  
For New to Yoga

## Tuesday

Fundamentals of Hatha  
10:00 – 11:00am  
For Beginners

Vinyasa Flow  
5:30 – 6:30pm  
Or  
7:00 – 8:00pm  
All levels

## Thursday

Ashtanga Short-form  
10:00 – 11:00am  
All Levels

Ashtanga Primary  
Series  
6:30 – 8:00pm  
All Levels

## What to Bring to Class:

- \* Yoga Mat
- \* Water Bottle
- \* Towel
- \* Comfortable Clothing  
(No Jeans)



## Contact Information

Marti Lee  
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816-377-2965

Visit:  
[www.ccunitykc.org.com](http://www.ccunitykc.org.com)  
Or  
[www.zonayogakc.com](http://www.zonayogakc.com)

1 Class - \$14.00  
5 Classes - \$54.00  
8 Classes - \$69.00  
Unlimited Monthly  
Access to Marti's  
Classes - \$108.00