Basic yoga stretches for small spaces
Breathe deeply in and out with each stretch. Also, be respectful of your body! Only stretch as far as is comfortable and allows you to keep breathing deeply.

Breathing Relaxation and Mindfulness exercise (adapted from Jon Kabat-Zinn 1996)

Assume a comfortable posture lying on your back or sitting. If you are sitting, keep the spine long and let your shoulders relax (ears move away from the shoulders).

Find a gazing point on the floor or close your eyes.

Bring your attention to your belly, feeling it expand gently on the in-breath and fall on the out-breath. Keep your focus on the breathing, „being with” each in-breath for its full duration and with each out-breath for its full duration, as if you were riding the waves of your own breathing.

Every time you notice that your mind has wandered off to something else, notice what it was that took you away and then gently bring your attention back to your belly and the feeling of the breath coming in and out.

If your mind wanders away from the breath a thousand times, then your job is simply to kindly and patiently bring it back to the breath every time, no matter what it becomes preoccupied with. Practice this exercise for 2-10 minutes at a convenient time every day, whether you feel like it or not, for one week and see how it feels to spend some time each day just being with your breath without having to do anything.
**SELECTION OF STUDIOS IN SNOHOMISH COUNTY (updated fall 2017)**

**KEY:**
- Y = Yin
- HA = Hatha
- PV = Power Vinyasa
- RS = Restorative
- H = Hot
- G = Gentle
- I = Iyengar
- N = Nidra

|| Offers: new student special, $30 for 15 classes

|| Offers: limited Karma Yogi, $10 for 10 classes for new students

|| Offers: work study, discounted classes for families, 3 classes for $35 for new members

|| Offers: small, affordable ($9/class) for all levels

**Sound Holistic Health**, Everett: Classes adapt to people’s needs. 425.258.4633, [www.shhclinic.com](http://www.shhclinic.com)
|| Offers: discounts offered for punch cards, karma yoga possible

**Bikram Yoga**, Everett: H 425.265.9500, [www.bikrameverett.com](http://www.bikrameverett.com)
|| Offers: check at studio

|| Offers: free Tai Chi weekly classes, new student rate $40 for 2 weeks unlimited

**Fusion Hot Yoga**, Bothell: PV HA Y 425.424.9642, [www.fusionhotyoga.com](http://www.fusionhotyoga.com)
|| Offers: 2 weeks unlimited for $20, $17 per class, $98 monthly unlimited

|| Offers: occasional free/donation based classes throughout the year, karma yogi program

**Mukilteo Yoga**, Mukilteo: RS Fusion. 425.293.5297, [www.mukilteoyoga.com](http://www.mukilteoyoga.com)
|| Offers: $45 for 1st month

|| Offers: karma yoga, may consider discount

*Yoga is offered at YMCAs and many gyms as part of a membership, ask your local gym—YMCA provides financial assistance for members*