Are you yearning for a rich, meaningful New Year’s Eve experience? Join long-time Seattle yoga teachers Shannon McCall and Kat Allen in creating a practice that allows you to reflect and integrate your experiences of the past year and to envision the year to come. Using movement, asana, breath practice, chanting, visualization, journaling and sharing in small groups, we will explore the themes of nourishment to self and others, and what is on the horizon for the coming year. We will close our practice with a Ritual that will invite you to clarify and charge your intentions, and celebrate with the sangha afterward. All levels welcome.

Where
Two Dog Yoga in Lake City
12549 28th Ave NE (and NE 125th)

Cost
$45 pre-registration with Shannon
(206) 412-8784

dogyoga.com

Shannon McCall is a long time yoga teacher and ayurvedic practitioner with a rich background in body-based and Tibetan meditation, authentic movement, writing and the diamond approach. She brings depth, sensitivity and groundedness to her yoga teaching, allowing her students a space to slow down, tune in and deepen their connection with Self.

Kat Allen, MA, teaching yoga since 1987, is founder of Four Aims Center for Mind-Body Therapy in West Seattle, a Licensed Mental Health Counselor, and certified yoga therapist in the tradition of T. Krishnamacarya. She practices a whole systems approach to yoga and therapy that acknowledges the synthesis of body, energy, relationship, spirit, consciousness practice and creativity in creating a sense of well-being. In yoga, she is known for her soulful guidance through breath-centered practices and chanting, and in private practice Kat specializes in Trauma, Addiction and Couples Therapy.