

[PAMPHLET] Yoga & Acupuncture STAFF PERKS

Green Cleaning Seattle - Eco-Maid Services™
4615 Aurora Ave N | Seattle WA 98103 | 206 307 2270



YogaLife - Yoga

Greenlake location
7200 Woodlawn Ave NE
Seattle, WA 98115

You will qualify for one yoga class per week after your first six trainings. You choose from one of the three locations/approved classes. Note: if you miss a week, you can not attend two classes on an alternate week

Acceptable classes: Hatha Flow All Level and Hatha Flow Level I. **GCS paid classes are: Hatha Flow All Level and/or Hatha Flow Level I only** - be sure to check the calendar online for the most up to date class times! Sometimes the time slightly changes

View schedule here: <https://clients.mindbodyonline.com/ASP/home.asp?studioid=710>

Hatha Flow All Level description:

Find balance between effort and relaxation in a class that combines the strength of held postures and the serenity of breath-directed movement. Classes are based around the fluid movements of the sun salutation and other breath-directed movements. Appropriate for all levels of students, classes will be geared toward the students that attend class.

Hatha Flow Level I description:

Find balance between effort and relaxation in a class that combines the strength of held postures and the serenity of breath-directed movement. Classes are based around the fluid movements of the sun salutation and other breath-directed movements. Build on and review basic postures and breath techniques learned in the Intro Series. Appropriate for those with little or no yoga experience.

Preparing for class: <http://www.yogalife.com/getting-started-yoga.html> - talk to the instructor at the front desk about how to sign in and take advantage of our staff punch card. We will be under Green Cleaning Seattle - be sure to sign BOTH your name and note "Green Cleaning Seattle" when you sign in

YoBe - Yoga

Beacon Hill location
3013 Beacon Ave S. Suite A
Seattle WA 98144

You will qualify for one yoga class per week after your first six trainings. You choose from one of the three locations/approved classes. Note: if you miss a week, you can not attend two classes on an alternate week

Acceptable classes: Basics Level I with Dee on either Tues OR Thurs at 6-7:15pm (arrive 10min early to get a spot). **GCS paid classes are: Basics Level I with Dee on either Tues or Thurs from 6-7:15pm only** - be sure to check the calendar online for the most up to date class times! Sometimes the time slightly changes

Level I Basics description:

Suitable for beginning students, students healing from injuries, and experienced students who enjoy a gentler class. Learn body awareness, the basic postures with proper alignment, yogic breathing techniques, and how to blend breath with movement

Preparing for class: Bring a yoga mat and water bottle. Come at least 10 min early or expect the class to be full. Arrive 20min early if you are a new student (to fill out paperwork). Talk to the instructor at the front desk about how to sign in and take advantage of our staff punch card. We will be under Green Cleaning Seattle - be sure to sign BOTH your name and note "Green Cleaning Seattle" when you sign in

LakeView Yoga - Yoga

Kenmore location
6251 NE Bothell Way
Kenmore WA 98028

You will qualify for one yoga class per week after your first six trainings. You choose from one of the three locations/approved classes. Note: if you miss a week, you can not attend two classes on an alternate week

Acceptable classes: Mon-Thurs classes that begin at either 6am or 7pm Monday through Thursday (arrive 20-30 min early. Late arrivers are not acceptable) **GCS paid classes are: weekday classes (Hot or Power) that begin at either 6am or 7pm Mon-Thurs** - be sure to check the calendar online for the most up to date class times! Sometimes the time slightly changes!

View schedule here: <http://www.lakeviewyoga.com/schedule.html>

Hot description:

Hot yoga is a 90 minute class where students of every experience level build strength, balance and flexibility. This challenging workout takes place in a heated room to encourage an increased range of motion in muscles, joints and ligaments. The set series of compressions and extensions help to:

Build stamina - Build cardiovascular strength - Sculpt and tone the body

Power description:

Like Hot Yoga, Power Yoga classes are held in a heated room. This vinyasa, or flowing style yoga, builds strength and flexibility through continuous movement. The changing series of standing, balancing and floor work is designed to invigorate the body and focus the mind. Power Yoga classes provide a dynamic and exciting workout that:

Helps build stamina - Builds cardiovascular strength - Sculpts and tones the body

Preparing for class: <http://www.lakeviewyoga.com/FAQs.html> - talk to the instructor at the front desk about how to sign in and take advantage of our staff punch card. We will be under Green Cleaning Seattle - be sure to sign BOTH your name and note "Green Cleaning Seattle" when you sign in

CommuniChi - Acupuncture

2524 16th Ave S #301
Seattle, WA 98144

You will qualify for monthly acupuncture after your first four weeks (four weeks after Orientation). Note: if you miss a month, you will not get two sessions per month. One session per month is paid for by GCS.

Details: If you have never been to CommuniChi: go to their website and download the new patient forms. You can also make appointments online.

Preparing for treatment: If you have never been to CommuniChi, print and fill out these forms and bring them to your first appointment: <http://www.communichi.org/forms/>

Create your account and make the appointment online:

<http://www.appointmentquest.com/cgi-bin/WebObjects/EmbeddedDesktop.woa/2056/wo/Z47l3Sz6nV2b3XqcDIX1OXZy3jm/0.0.0.0.0.0.10.4.2.0.0.3.1.6?key=2070112723>

When you arrive/at the time of booking, let Jordan know you are with Green Cleaning Seattle