



5917 Airport Way South
Seattle, WA 98108
yogasmithseattle.com

BODY BY YOGA

A Full-Body Yoga Workout with Matt Meko at Yogasmith

Saturday, 9/28

1-3pm

\$25/early bird, \$30 after 9/10



A full-body workout may not be your reason for practicing yoga, but this “Body by Yoga” workshop with Matt Meko will show you some ideas on how you can use variations in your yoga practice as a strength training routine to replace time spent in the gym.

Using only your own body weight as resistance, Matt will help you discover variations on classic asana forms and vinyasa sequences to take your body and ability to a stronger, more stable level. Matt will balance the workshop with deep flexibility and breath-centered cardiovascular training options as well as tips on nutrition, sleep, mental focus and more for your complete physical wellness.

To sign up or for more information please contact. Joel Benjamin at joelb@yogasmithseattle.com.



ABOUT MATT MEKO

Since 2001, Matt Meko has taught yoga in Hawai'i, Los Angeles, New York City, Seattle, Vancouver BC, and Santa Fe. Currently on Oah'u, Matt is honored to be a student and an instructor of yoga.

“The Yoga of You” is Matt’s way of describing his hybrid style of yoga which is composed of traditional yoga, modern functional fitness, and common sense that’s personal and suitable for all ages and fitness levels. Matt’s instruction is gleaned from years of experience introducing newbies to yoga while suggesting advanced poses to seasoned practitioners. To assist your yoga, Matt speaks to our communal human condition, and the nature of being with change. In his classes you build skills that are applicable to your activities of daily living like balance, core strength, and breath. To keep the lessons fresh, Matt’s sequences are co-created with his students. Everyone, including Matt, rides the group’s waves of breath to the Middle Way or smart power place in-between the extremes; every class is a different adventure. More info on Matt at www.mekosun.com.