



## Winter 2012 Schedule ~ January 8th - Apr 29th, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 - 7:30 Sunrise Yoga <i>All Levels</i> <b>Tracey</b>	6:30 - 7:30 Sunrise Yoga <i>All Levels</i> <b>Monica</b>		6:30-7:30 Sunrise Yoga <i>All Levels</i> <b>Jeff</b>		8:30 - 9:30 YogaSculpt <i>All Levels</i> <b>Natasja</b>	
9:30 - 10:45 HOT Prana Flow <i>All Levels</i> <b>Natasja</b>	9:30 - 10:45 YogaFusion <i>All Levels</i> <b>Natasja</b>	9:30 - 10:30 YogaSculpt <i>All Levels</i> <b>Natasja</b>	9:30 -10:45 Yin/Yang Yoga <i>All Levels</i> <b>Kayti O</b>	9:30 - 10:45 HOT Prana Flow <i>All Levels</i> <b>Katie B</b>	9:45 - 10:45 Pre-Natal & Gentle Yoga <b>Kayti O</b>	10:30 - 11:45 Community Yoga <i>All Levels</i> <b>Carina</b>
12:00 - 1:00 Hatha Flow <i>All Levels</i> <b>Tracey</b>			11:00 - 12:00 Baby & Me <i>All Levels</i> <b>Kayti O</b>	11:00 - 12:00 Hatha Flow Beginner/gentle <b>Natasja</b>	11:00 - 12:00 Yoga4Athletes <i>All Levels</i> <b>Jeff</b>	
	4:30 - 5:15 Yoga4Kids Ages 3 to 9 <b>Katie B</b>		4:30 - 5:15 Yoga4Kids Ages 3 to 9 <b>Katie B</b>	<b>Pre-registered Chair Yoga 12:15 -1:15 8 weeks /\$108 starts Jan 20th Tracey</b>		1:00 - 4:00 Meditation Workshop Feb 5th, Mar 11th, Apr 8th.
5:30 - 6:45 Warm Restorative <i>Beginner/Gentle</i> <b>Kayti O</b>	5:45 - 6:45 Gentle Yoga <i>Beginner/All Level</i> <b>Katie B/Carina</b>	5:45 - 6:45 YogaSculpt <i>All Levels</i> <b>Kayti O</b>	<b>NEW CLASS 5:45 - 6:45 YogaFusion <i>All Levels</i> Natasja</b>	1:30 - 2:30 <b>Pre-registered Pilates 8 weeks /\$108 starts Jan 20th Laura</b>		
7:00 - 8:15 HOT Prana Flow <i>Level II</i> <b>Natasja</b>	7:00 - 8:15 HOT Prana Flow <i>All Levels</i> <b>Katie B</b>	7:00 - 8:15 HOT Prana Flow <i>All Levels</i> <b>Kayti O</b>	7:00 - 8:15 HOT Prana Flow <i>All Levels</i> <b>Natasja</b>	7:15 - 8:15 Prana Flow Yoga <i>All levels</i> <b>Kayti O</b>		7:00 - 8:15 Community Yoga/ Meditation <i>Beginner/AllLevel</i> <b>Tracey</b>
8:30 - 9:45 Rejuvenating Yoga <i>Beginner/Gentle</i> <b>Robin</b>	8:30 - 9:45 Yoga Nidra <i>All Levels</i> <b>Tracey</b>	8:30 - 9:30 Yin Yoga <i>All Levels</i> <b>Jeff</b>	8:30 - 9:30 Pilates <i>All Levels</i> <b>Laura</b>			

No one should feel intimidated in joining any yoga class. For your ultimate enjoyment and safety, please consult with our reception or teachers for guidance in selecting the most suitable yoga classes for you. Please check with your physician and let your teacher know prior to class if you have any form of injury, illness, or if you are pregnant or have recently had a baby.

**Beginner/Gentle:** Excellent for those who are new to yoga or for those who wish to enjoy a more gentle practice.  
**All Levels:** This class is suitable for all levels of fitness, age and abilities. Options are provided to increase or decrease intensity.  
**Level II :** Prior Yoga experience is recommended.