

Winter Schedule: November 7th – January 8th, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:30 Sunrise Yoga All Levels Tracey	6:30-7:30 Sunrise Yoga All Levels Tracey	6:30-7:30 Sunrise Yoga All Levels Jeff	6:30-7:30 Sunrise Yoga All Levels Jeff		8:30-9:30 YogaSculpt & Stretch All Levels Natasja	
9:30-10:45 HOT Prana Flow Yoga Level II Natasja	9:30-10:45 YogaFusion All Levels Natasja	9:30-10:30 Yoga Sculpt & Stretch All Levels Natasja	9:30-10:45 Yin/Yang Yoga All Levels Kayti	9:30-10:45 HOT Prana Flow Yoga All Levels Natasja/ Kathleen	9:45-10:45 Pre-Natal & Fertility Yoga All Levels Kayti	10:30-11:45 Community Yoga \$5.- All Levels Robin
12:00-1:00 Hatha Flow All Levels Tracey			11:00-12:00 Baby & Me Yoga All Levels Kayti	11:00-12:15 Kripalu Yoga <i>Beginner</i> Tracey	11:00-12:15 Athletes Yoga All Levels Jeff	
			4:30-5:15 Yoga4kids Drop-In Kathleen *Starts Nov 24th			1:00-4:00 Meditation Workshop Please pre- register at frontdesk Nov 4 th & Dec 6 th
5:30-6:45 Warm Restorative All Levels Kayti	5:45-6:45 Prana Flow Yoga <i>Beginner</i> Kathleen/ Monica	5:45-6:45 Yoga Sculpt & Stretch All Levels Kayti	5:45-6:45 Yin/Yang Yoga All Levels Robin			
7:00-8:15 HOT Prana Flow Yoga Level II Natasja	7:00-8:15 HOT Prana Flow Yoga All Levels Kathleen/ Monica	7:00-8:15 HOT PRANA FLOW ROCKS Yoga All Levels Kayti	7:00-8:15 HOT Prana Flow Yoga All Levels Natasja	7:15-8:15 Prana Flow Yoga All Levels Kayti		7:00-8:15 Community Yoga/Meditation \$5.- All Levels Tracey
8:30-9:45 Rejuvenating Yoga All Levels Robin	NEW! 8:30-9:45 Therapeutic Yoga All Levels Tracey	8:30-9:45 Yin Yoga All Levels Jeff	8:30-9:30 Pilates All Levels Laura	8:30-9:45 Special Candlelight Yoga class *Dec 23 rd ONLY		

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, serious illness, or if you are pregnant or have recently had a baby.

Beginner: Excellent for those who are new to yoga or for those who wish to enjoy a more gentle yoga practice.

All Levels: This class is suitable for all levels of fitness, abilities and ages. Options are provided to increase or decrease intensity.

Level II : Prior Yoga experience is recommended for level II classes .

