

Therapeutic Approach Yoga Studio

AUGUST SCHEDULE

*We have ONLINE ZOOM classes
and
LIVE in-studio classes*

*\$8 + tax Zoom classes & \$10 + tax Chits for in-person
<https://www.yogastudio.ns.ca>*

	Mon	Tues	Wed	Thur	Fri	Sat
am	9:30-10:30 <div style="background-color: #d4e07d; padding: 2px;">LIVE</div> <div style="background-color: #e99696; padding: 2px;">ZOOM</div> HATHA BASICS Maxine	9:30-10:30 <div style="background-color: #d4e07d; padding: 2px;">LIVE</div> <div style="background-color: #e99696; padding: 2px;">ZOOM</div> GENTLE YOGA Maureen	9:30-10:30 <div style="background-color: #d4e07d; padding: 2px;">LIVE</div> <div style="background-color: #e99696; padding: 2px;">ZOOM</div> HATHA VINYASA Abra	9:30-10:30 <div style="background-color: #d4e07d; padding: 2px;">LIVE</div> <div style="background-color: #e99696; padding: 2px;">ZOOM</div> HATHA BASICS Maxine	9:30-10:30 <div style="background-color: #d4e07d; padding: 2px;">LIVE</div> <div style="background-color: #e99696; padding: 2px;">ZOOM</div> HATHA VINYASA Abra	9:30-10:30 <div style="background-color: #d4e07d; padding: 2px;">LIVE</div> <div style="background-color: #e99696; padding: 2px;">ZOOM</div> ALL LEVELS FLOW Andrea
	11:15-12:15 <div style="background-color: #d4e07d; padding: 2px;">LIVE</div> <div style="background-color: #e99696; padding: 2px;">ZOOM</div> GENTLE YOGA Maxine	11:15-12:15 <div style="background-color: #d4e07d; padding: 2px;">LIVE</div> <div style="background-color: #e99696; padding: 2px;">ZOOM</div> HATHA BASICS Maureen		11:15-12:15 <div style="background-color: #d4e07d; padding: 2px;">LIVE</div> <div style="background-color: #e99696; padding: 2px;">ZOOM</div> GENTLE Maxine	11:15-12:15 <div style="background-color: #d4e07d; padding: 2px;">LIVE</div> <div style="background-color: #e99696; padding: 2px;">ZOOM</div> HATHA BASICS Abra	
pm			3:30-4:30 <div style="background-color: #e99696; padding: 2px;">ZOOM</div> CHAIR YOGA Abra			
		5:30-6:30 <div style="background-color: #d4e07d; padding: 2px;">LIVE</div> <div style="background-color: #e99696; padding: 2px;">ZOOM</div> ALL LEVELS FLOW Abra		5:30-6:30 <div style="background-color: #d4e07d; padding: 2px;">LIVE</div> <div style="background-color: #e99696; padding: 2px;">ZOOM</div> HATHA VINYASA Andrea		<div style="background-color: #1a4a73; color: white; padding: 10px; text-align: center;"> Sun n/a </div>

LIVE

in-person classes require pre-registration. Limited to 9 people. Requires regular chit

ZOOM

- From your home; Everyone come! Zoom chit