

Therapeutic Approach Yoga Studio

JANUARY SCHEDULE

www.yogastudio.ns.ca

Email Seth for Mysore: sethdaley.yogi@gmail.com

Pre-register for 6 week PRENATAL: Call 902-429-3303

Mon	Tues	Wed	Thur	Fri	Sat
6:30-8:30 MYSORE Pre-register Seth	6:30-8:30 MYSORE Pre-register Seth	6:30-8:30 MYSORE Pre-register Seth	6:30-8:30 MYSORE Pre-register Seth	6:30-8:30 MYSORE Pre-register Seth	
9:30-10:30 HATHA BASICS Maxine	9:30-10:30 GENTLE YOGA Maureen	9:30-10:30 HATHA VINYASA Maxine	9:30-10:30 HATHA BASICS Alesia	9:30-10:30 HATHA VINYASA Alesia	9:30-10:30 ALL LEVELS FLOW Andrea
11:00- 12:00 Prenatal Yoga 6 weeks Starting January 18th Cathy	11:00- 12:00 HATHA BASICS Maureen	11:00- 12:00 GENTLE YOGA Maxine 3:30-4:30 CHAIR YOGA Abra		12:00 - 1:00 Pilates / Yoga Fusion Cathy	
					Sun
5:30-6:30 HATHA BASICS Abra	5:30-6:30 ALL LEVELS FLOW Andrea	5:30-6:30 FLOW AND STRETCH Abra	5:30-6:30 ALL LEVELS FLOW Andrea		Look out for special Sunday classes!
7:00-8:00 ALL LEVELS FLOW Nicola	7:00-8:00 YIN YOGA Alesia	7:00-8:00 MEN'S YOGA Nicola	7:00-8:00 YIN YOGA Helen		

January Challenge! Each class attended = 1 ballot to WIN 3 different prizes!

January 1st 10:00am Rockin' New Year Yoga with Andrea

January 3rd 10:00am FREE Intention Setting Meditation with Mike

January 31st Wrap up POP up Yoga with Andrea

January 31st TRY YOGA DAY! 3 Free classes!