



Therapeutic Approach Yoga Studio January 2020



January unlimited New to TAYS: 45+ tax; Returning students: \$99+tax
 yogastudio.ns.ca 902.429.3303 202-6156 Quinpool Rd
 TAYS, 6156 Quinpool, Su 102 office/health centre, Su 202 yoga studio

	Mon	Tues	Wed	Thur	Fri	Sat
a m	MYSORE Seth Reg only *	MYSORE Seth Reg only *	MYSORE Seth Reg only *	MYSORE Seth Reg only *	MYSORE Seth Reg only *	MYSORE Seth Reg only *
	9:30-10:45 HATHA BASICS Maxine	9:30-10:30 GENTLE Maureen	9:30-10:45 HATHA VINYASA Mike	9:30-10:45 HATHA BASICS Maxine	9:30-10:45 HATHA VINYASA Mike	9:30-10:30 HATHA VINYASA Andrea
	11:00-12:00 GENTLE Maxine	11:00-12:00 HATHA BASICS Laura	11:00-12:00 GENTLE Maxine	11:00-12:00 GENTLE Abra	11:00-12:00 GENTLE Maxine	11:00-12:15 PREGNANCY Cathy
p m		1:45-2:45 Moms & Babes Dianne	3:30-4:30 CHAIR Abra		12:30-1:30 ALL LEVELS Alesia	12:30-1:30 ALL LEVELS Dianne
	5:30-6:45 BEGINNER Laura	5:30-6:30 HATHA VINYASA Andrea	5:30-6:30 ALL LEVELS FLOW Abra	5:30-6:30 HATHA VINYASA Andrea	5:30-6:45 ALL LEVELS Dianne	Sun
	7:00-8:15 ALL LEVELS FLOW Nicola	7:00-8:15 RESTORATIVE Helen	7:00-8:15 Yoga for Men Nicola	7:00-8:15 YIN Helen	7:15-8:30 YOGA NIDRA Dianne 1 Fri / Mo.	7:30-8:45 YIN Claire

Workshops (at TAYS unless otherwise stated)

- ABSOLUTE BEGINNER YOGA WITH ABRA MORRISON Jan 05 3 - 5 PM
- YIN YOGA (Hips and Legs) WITH HELEN FONG Jan 11 2-4:30 PM \$50+ tax
- PAIDTOPLAY: BUSINESS OF YOGA WITH HELEN FONG. Feb 01 4-6 PM. \$30+
- INVERSION WORKSHOP - WITH ABRA Sun Feb 02. 3-5 PM. \$30+tax
- Master Your Energy~Reduce Stress, Raise Your Vibration - Helen/Kara \$55+tax February 8th. 2:30 - 5:30 pm
- Inversions workshop Part 2 with Abra March 1st 3:00 - 5:00 pm. \$30+tax

January Challenge!! Enter a draw when you come to TAYS in January!
 Prizes from TAYS and Lole***

*Mysore - registration required (s.daley@dal.ca)