

Therapeutic Approach Yoga Studio NOVEMBER SCHEDULE

Starting November 1st, 2020

*Online ZOOM classes and LIVE In-Studio classes
NEW STUDENTS \$7.50 first class!*

www.yogastudio.ns.ca

	Mon	Tues	Wed	Thur	Fri	Sat
am	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 LIVE ZOOM HATHA BASICS Maxine	9:30-10:30 LIVE ZOOM GENTLE YOGA Maureen	9:30-10:30 LIVE ZOOM HATHA VINYASA Alesia	9:30-10:30 LIVE ZOOM HATHA BASICS Maxine	9:30-10:30 LIVE ZOOM HATHA VINYASA Alesia	9:30-10:30 LIVE ZOOM ALL LEVELS FLOW Andrea
	11:15- 12:15 LIVE ZOOM Pilates / Yoga Fusion Cathy	11:15- 12:15 LIVE ZOOM HATHA BASICS Maureen		11:15- 12:15 LIVE ZOOM GENTLE Maxine	11:15- 12:15 LIVE ZOOM Pilates / Yoga Fusion Cathy	
pm						
						Sun
	5:30-6:30 LIVE ZOOM HATHA BASICS Abra	5:30-6:30 LIVE ZOOM ALL LEVELS FLOW Andrea	5:30-6:30 LIVE ZOOM VINYASA BASICS Abra	5:30-6:30 LIVE ZOOM ALL LEVELS FLOW Andrea		
	7:00-8:00 LIVE ZOOM ALL LEVELS FLOW Nicola	7:00-8:00 LIVE ZOOM YIN YOGA Helen	7:00-8:00 LIVE ZOOM MEN'S YOGA Nicola	7:00-8:00 LIVE ZOOM YIN YOGA Helen		

LIVE in-Studio. Requires pre-registration. 9 people limit.
ZOOM from your home; Everyone welcome!

Email Seth about Mysore: sethdaley.yogi@gmail.com
Changing from ZOOM to MindBody LIVE soon!