



Therapeutic Approach Yoga Studio



JANUARY 2019

January unlimited challenge \$85+tax

yogastudio.ns.ca 902.429.3303 202-6156 Quinpool Rd

Mon	Tues	Wed	Thur	Fri	Sat
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 Maxine	11:00-12:00 HATHA BASICS Mike	11:00-12:00 GENTLE Maxine	11:00-12:00 GENTLE Maxine	11:00-12:15 PREGNANCY Leigh
12:30-1:30 ALL LEVELS MIKE				12:30-1:30 ALL LEVELS Mike	12:30-1:30 ALL LEVELS Jordan
			4:00-5:15 CHI GONG Bakes (6 wks on 1 week off*)		
5:30-6:30 BEGINNER Abra	5:30-6:30 HATHA VINYASA Andrea	5:30-6:30 POWER Abra	5:30-6:30 ALL LEVELS Andrea	5:30-6:45 ALL LEVELS Dianne G	Sun
7:00-8:15 ALL LEVELS BASICS Helen	7:00-8:15 RESTOR- ATIVE Helen	7:00-8:15 TAI CHI Bakes (6 wks on 1 week off*)	7:00-8:15 YIN Helen	7:15-8:30 YOGA NIDRA 1 Fri / Mo.	7:30-8:45 YIN Claire

Workshops (at TAYS unless otherwise stated)

- **Tai Chi & Chi gong;** (6 wks on, 1 wk off). Dates on-line. 429-3303
- **Yoga of Communication**-Leslie-Jan 12 2pm until Jan 13 5pm \$250+
- **Stress Detox~Restore inner balance & peace**- Helen & Kara Jan 19
- **ADVANCED ASSISTING FOR YOGA TEACHERS** - MIKE MUNRO Feb 1-3
- **INTRO TO MEDITATION WORKSHOP** (3-wk - Feb 9, 23 & Mar 9) HELEN
- **OPENING YTT 500 HR** - AT THE YOGA BARN WITH MIKE - March 2 & 3

*Mysore(s.daley@dal.ca) Tai Chi and Chi Gong (902 429