



Therapeutic Approach Yoga Studio

September 2019



Best buy online contract: \$243 (tax in); first time: \$12 (tax in)
 yogastudio.ns.ca 902.429.3303 202-6156 Quinpool Rd
 TAYS, 6156 Quinpool Rd, Su 102 office/health centre, Su 202 yoga studio, Su 201 health centre

Mon	Tues	Wed	Thur	Fri	Sat
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 Maxine	11:00-12:00 GENTLE Maxine	11:00-12:00 GENTLE Maxine	11:00-12:15 PREGNANCY Cathy
					12:30-1:30 ALL LEVELS Dianne
5:30-6:30 HATHA BASICS Abra	5:30-6:30 ALL LEVELS Andrea	5:30-6:30 POWER Abra	5:30-6:30 ALL LEVELS Andrea	5:30-6:45 ALL LEVELS Dianne	Sun
7:00-8:15 YIN YANG Leigh	7:00-8:15 RESTOR- ATIVE Helen		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)

- **Stress Detox**~Restore inner balance & peace. Sept 7. 2:30-5:30pm \$60+tax
- **YOGA TEACHER TRAINING AT TAYS!** - Weekends: Sept '19 - June '20
- Sep 15 2019. Mindfulness of Body 1-5PM Cecelia & Elizabeth
- 3 hour yin & massage workshop. Spt 21 2-5 pm. \$95+ tax
- PSYCHIC DEVELOPMENT LEVEL I - CECELIA- Oct 06 12-5 PM. \$95+tax
- PSYCHIC DEVELOPMENT LEVEL II - CECELIA - Oct 13 12-5 PM. \$95+tax
(ask about a discount if taking both)
- INTEGRATION YTT 500 HOUR - MIKE Oct 19 - 20 \$275 + tax

***Mysore - returns in the fall (s.daley@dal.ca)**
Tai Chi and Chi Gong - returns in the fall (902 429 - 3303)