

Therapeutic Approach Yoga Studio

MAY SCHEDULE

www.yogastudio.ns.ca

Online only via ZOOM until further notice

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 YOGA Maxine	9:30-10:30 GENTLE YOGA Maureen	9:30-10:30 HATHA YOGA Maxine	9:30-10:30 HATHA YOGA Alesia	9:30-10:30 VINYASA YOGA Alesia	9:30-10:30 VINYASA YOGA Andrea
	11:00-12:00 HATHA YOGA Maureen	11:00-12:00 GENTLE YOGA Maureen		12:00-1:00 Pilates / Yoga Fusion Cathy	
3:30-4:30 CHAIR YOGA Abra		3:30-4:30 CHAIR YOGA Abra			
5:30-6:30 HATHA VINYASA Abra	5:30-6:30 VINYASA YOGA Andrea	5:30-6:30 HATHA VINYASA Abra	5:30-6:30 VINYASA YOGA Andrea		9:30-10:30 VINYASA YOGA Andrea
7:00-8:00 VINYASA YOGA Nicola	7:00-8:00 YIN YOGA Alesia	7:00-8:00 MEN'S YOGA Nicola	7:00-8:00 YIN YOGA Helen		

Sun

What to look for in May:

Mother's Day Restorative Workshop

Pregnancy and Postpartum 500 YTT

5 Week, 200 hour, Yoga Teacher Training in July

50 Hour, Yoga and Meditation Retreat in August