



Therapeutic Approach Yoga Studio July and August



Best buy: online 20 Chit \$243 First class \$12
yogastudio.ns.ca 902.429.3303 202-6156 Quinpool Rd

	Mon	Tues	Wed	Thur	Fri	Sat
am	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 ALL LEVELS Maxine	11:00-12:00 HATHA BASICS Maxine	11:00-12:00 YIN YANG 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
pm	5:30-6:30 HATHA BASICS 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 Helen		7:00-8:15 ALL LEVELS Mike	7:00-8:15 YIN Helen		

Workshops:

- **Micro Exercises** Cecelia Driscoll. June 17. 10am-12
- **Assists YTT** - Maxine - Yoga on York Studio (Fredericton) July 6 - 8
- **Yoga Body Bliss Bootcamp** - Cléo and Mike. July 9 -13
- **Yoga Teacher Training** starts September 28th and ends June 16th. 10 weekends to become the best yoga teacher you can be! Early Bird registration deadline August 28th to save \$450 off tuition!