



HOT, WARM & NON-HEATED CLASSES

H = Hot (85°F - 90°F)

W= Warm (80°F - 85°F)

NH = residual heat (75°+)



***All classes 60min unless otherwise indicated*

MON

- 7:00a** Morning Flow w/Elle (W)
- 9:30a** Heated Hips w/Hannah (H)
- 12:00p** Yoga 4 Beginners w/Steve B (NH)
- 5:30p** Yoga & Core w/Angela (H)
- 7:15p** Yin w/Hollie (W)

TUE

- 7:00a** Traditional 26 - w/Laura (W)
- 9:30a** Ashtanga Fusion w/Annica (H)
- 5:30p** Vinyasa Flow w/Marlene (H)
- 7:15p** Myfacial Release & Yin w/Angela (W)

WED

- 7:00a** Morning Flow w/Elle (NH)
- 9:30a** Hatha w/Marlene - 75min (W)
- 12:00p** Iyengar Level 1 w/Steve B (NH)
- 5:30p** Traditional 26 w/Elle - 75min (W)
- 7:15p** Yin w/Jodi J (W)

THU

- 7:00a** Morning Flow w/Annica (W)
- 9:30a** Vinyasa Flow w/Annica (H)
- 5:30p** Vin 2 Yin w/Marlene (H)
- 7:15p** Gentle Hatha w/Jodi W (W)

FRI

- 7:00a** Ashtanga Fusion w/Hollie (W)
- 9:00a** Gentle Yoga w/Hollie (W)
- 5:30p** Traditional 26 w/Laura - 75min (W)

SAT

- 9:00a** Vinyasa & Stretch w/Angela (H)
- 11:00am** Yin w/Angela

SUN

- 9:00a** Gentle Yoga w/Luisa (W)
- 11:00a** Traditional 26 w/Elle - 75min (W)
- 4:00p** Restorative w/Jodi J - 75min (W)



Located at the Bayside Oceanfront Resort

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