

# NOVEMBER CLASSES

H = Hot (100°F -103°F)

W= Warm (90°-95°F)

NH = no heat (75° +++)



## MONDAY

**7a** Flow w/Hannah (W)  
**9:30a** Heated Hips w/Hannah (H)  
**12p** Iyengar Level 1 w/Steve (NH)  
**5:30p** Vinyasa w/Marlene (H)  
**7:30p** Yin w/Marlene (W)

## TUESDAY

**6:15a** Assisted self led w/Shelley (NH)  
**9:30a** Ashtanga Fusion w/Annica (H)  
**12p** Hatha w/Annica (NH)  
**5:30p** Vinyasa w/Shannon (H)  
**7:30p** Gentle Hatha w/Shannon (W)

## WEDNESDAY

**6:30a** 1/2 Primary w/Shelley (NH)  
**9:30a** Yang + Yin w/Marlene (H)  
**12p** Iyengar Level 1 w/Steve (NH)  
**5:30p** Power Yoga w/Luisa (H)  
**7:30p** Restorative Yin w/Luisa (W)

## THURSDAY

**6:15a** Assisted self led w/Shelley (NH)  
**9:30a** Vinyasa w/Annica (H)  
**12p** Yin w/Shannon (NH)  
**5:30p** Vinyasa w/Marlene (H)  
**7:30p** Gentle Hatha w/Shannon (W)

## FRIDAY

**6:30a** 1/2 Primary W/Shelley (NH)  
**9:00a** Gentle Yoga w/Steve (NH)

## SATURDAY

**9a** Hot Vinyasa w/Luisa (H)

## SUNDAY

**9a** Gentle Yoga w/Jodi (NH)

## NEW CLASSES, SERIES & EVENTS

**New Classes: Wednesday's 5:30pm Power Yoga W/Luisa**

**New Series: Restorative yoga with Reiki W/Luisa Nov 10, Dec 15**

**New workshop: Intro to Chakras W/Jill Bonnell Nov 12**

**Restorative Yoga with massage W/Jodi and Madaleine Nov 23**

**\*Restorative and Reiki private sessions Wednesdays 2pm-3pm and 3:15pm-4:15pm**

for more information please visit: [www.namaskaryoga.ca](http://www.namaskaryoga.ca)

For inquiries: [info@namaskaryoga.ca](mailto:info@namaskaryoga.ca)