

SEPTEMBER 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

6:45a class coming soon*
9:30a Vinyasa w/Annica (H)
12p Hatha w/Annica (NH)
5:30p Vinyasa w/Shannon (H)
7:30p Gentle Hatha w/Shannon (W)

WEDNESDAY

6:45a 1/2 Primary w/Shelley (NH)
9:30a Yang + Yin w/Marlene (H)
12p Iyengar Level 1 w/Steve (NH)
5:30p Hot Hatha w/Luisa (H)
7:30p Restorative Yin w/Luisa (W)

THURSDAY

6:45a class coming soon*
9:30a Vinyasa w/Annica (H)
12p Breathing Yin w/Graham (NH)
5:30p Vinyasa w/Marlene (H)
7:30p Gentle Hatha w/Shannon (W)

FRIDAY

7a Flow w/Hannah (W)
9:00a Gentle Flow w/Hannah (NH)
5:30p Yang + Yin w/Graham (W)

SATURDAY

9a Hot Vinyasa w/Luisa (H)

SUNDAY

9a Gentle Yoga w/Jodi (NH)

NEW CLASSES, SERIES & EVENTS

New Class: Starts September 6th @ 12p - **Iyengar Level 1** with **Steve Boechler**

New Series: Sep 24 - Oct 15 (4 xSundays 12p-1p) **Beginners Yoga** with **Steve Boechler**

New Workshop: Saturday, September 30th - 1p-3:30p **Autumn Intentions** with **Annica Melanson & Jodi Webber**

****Weekend classes (F, S, Su) start at 9:00am****

for more information please visit: www.namaskaryoga.ca

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