

# Traveling Mat Yoga

## SEPTEMBER CLASS SCHEDULE

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### Deep River Yacht & Tennis Club

TUESDAY-SUNRISE YOGA @ 6:00-7:00 A.M.

WEDNESDAY- POWER YOGA @ 12:15-12:45 P.M.

WEDNESDAY- GO WITH THE FLOW @ 6:30-7:30 P.M.

THURSDAY-SUNSET YOGA @ 7:45-8:45 P.M.

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A COMPLIMENTARY NEWSLETTER WILL BE SENT OUT AFTER EACH CLASS TO FURTHER STUDENTS YOGA KNOWLEDGE AND PRACTICE.

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 TRAVELING MAT YOGA  
 BONITAC@LIVE.CA