Vancouver Yoga Schedule

Fees:
Drop-in $15
8 Classes $96
16 classes $168
30 days unlimited $95

Day	Time	Class	Teacher
Mondays	9:30-11am	Yoga Refinements	Melonie
	4-5:15pm	Yoga Basics	Melonie
	5:30-7pm	Yoga Challenge	Melonie
Tuesdays	9-10:15am	Length and strength	Samantha
	4-5:15pm	Yoga Refinements	Melonie
	5:30-6:45pm	Yoga Basics	Melonie
Wednesdays	6:15-7:30am	Strength & Balance	Chante
	9:30-10:45am	Yoga Basics	Melonie
	11:45-12:45pm	Mental Break	Jenny
	4-5:15pm	Stiff Guy/Gal Yoga	Jenny
	5:30-7pm	Yoga Refinements	Melonie
	7:15-8:30pm	Unwind/Restore/Self care	Chante/Samantha
Thursdays	4-5:15pm	Therapeutic Yoga*	Lindsey
	5:45-7pm	Yoga Basics	Jenny
Fridays	6:15-7:30am	Align & Lengthen	Chante
	9:30-11am	Yoga Refinements	Melonie/Jenny/Tish
	4-5:15pm	Friday Happy Hour	Teresa/Chante
Saturdays	8:30-9:45am	Mindful Flow	Lindsey/Tish
Sundays	8:30-9:45am	Mindful Flow	Tish/Stefan

Mindfulness program free info session Sept 14th or 15th 2-4pm

Fall Mindful Eating talk and group cleanse Sept 13th & Sept 20th 5:30-7:30 $70

Yoga 101 beginners course Oct 8th-29th 7-8:30pm $65

Chair Yoga Workshop Nov 2nd 10:30-12noon $30

* Therapeutic Yoga- Sept Feet/knees, Oct Hips, Nov low back