



# \$5 CHRISTMAS SESSION WEEK

Monday	Tuesday	Wednesday Dec 27	Thursday Dec 28	Friday Dec 29	Saturday Dec 30	Sunday Dec 31
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Hatha Yoga	Hatha Yoga	Hatha Yoga	Hatha Yoga	Hatha Yoga	Hatha Yoga	Hatha Yoga Intermediate
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9 - 10:30am Brandi	9 - 10:30am Gerda	9 - 10:30am Jill	9 - 10:15am Karen	9 - 10:30am Janet
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Realignment Yoga	Gentle & Restorative Yoga	Realignment Yoga	Hatha Yoga
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11 - 12:15pm Reg	11 - 12:15pm Karen	11 - 12:15pm Jill	10:30 - 12pm Janet
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Gentle & Restorative Yoga
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1 - 2:30pm  
Melissa



Realignment Yoga
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12:30 - 1:45  
Jill

Yin Yoga
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1 - 2:15pm  
Janet

**Yin & Zin**  
w/Michelle

Sat. Dec 30  
3 - 4:15pm (Yin)  
4:15-5:15pm (Zin)  
\$45  
(\$40 members)



**Closed  
Christmas &  
Boxing Day**

Dec 27 - 31  
Hours:  
Wed-Fri: 8:30-4:30  
Sat/Sun: 8:30-2:00



**Tibetan Singing Bowls**  
w/Neil

Fri. Dec 29 7 - 9pm  
\$40 (members \$35)

Christmas wishes and a healthy, happy new year from all of us at Yoga for Today!



## Restore and Renew Clinic

with Pam James

December 27 - 31, 2017

9:30 - 11:00am

Cost: \$80

(members \$75)



Enjoy a variety of breathing, meditation and asana practices to help re-balance your body, mind and soul after the whirl of the Christmas season.

The gifts we give ourselves are the gifts we give the world. As 2017 draws to a close, gift yourself with this opportunity to replenish your well of inner resources.

