

# YOGA FOR FOOD WEEK Jan 1 - 7/18

Monday Jan 1	Tuesday Jan 2	Wednesday Jan 3	Thursday Jan 4	Friday Jan 5	Saturday Jan 6	Sunday Jan 7
Happy New Years!	Hatha Yoga 9 - 10:30am Gerda	Hatha Yoga 9 - 10:30am Joan	Hatha Yoga 9 - 10:30am Gerda	Hatha Yoga 9 - 10:30am Jill	Hatha Yoga 9 - 10:15am Karen	Hatha Yoga 9 - 10:30am Janet
	Realignment Yoga 11 - 12:15am Joan	Realignment Yoga 11 - 12:15pm Joan	Gentle & Restorative Yoga 11 - 12:30pm Karen	Yin Yoga 9:30-10:45am Janet	Hatha Yoga 10:30 - 12pm Janet	
	Gentle & Somatic Yoga 11 - 12:15pm Jean	Gentle & Restorative Yoga 1 - 2:30pm Melissa	Hatha Yoga Intermediate 5:30 - 6:45pm Frank	Beginner Hatha Yoga 11 - 12:15pm Keltie		
	Hatha Yoga & Aromatherapy 5:30 - 6:45pm Karen	Yin Yoga 5:30 - 6:45pm Leslie	Hatha Yoga 7:00 - 8:15pm Salwa	Realignment Yoga 11 - 12:15pm Jill		
	Realignment Yoga 5:30 - 6:45pm Jill	Beginner Yoga 7:15 - 8:30pm Michelle A.		Realignment Yoga 12:30 - 1:45 Jill		
	Hatha Yoga 7:00 - 8:15pm Jill					



Food Donations in exchange for the value of a class (\$20.00 worth of food for a \$20.00 class) \*Please be sure to check expiry dates\*



## Weight Regulating Clinic w/Gerda Krebs

**January 1 - 5, 2018 6:00 - 7:30pm**  
**Cost: \$80 (\$75 members)**

Strengthen your body and energize your soul. Join Gerda for five days of yoga as she guides you through weight regulating poses and shares her insight, wisdom and years of teaching and practice.

**YOGA, MEDITATION AND MINDFULNESS 5 DAY PROGRAM**  
 w/Chris Erdmann Boyko

**January 1 - 5, 2018**  
**Cost: \$75 (\$50 members)**

- Daily Practice and Breakfast (*in loving silence*)
- 7:30 - 9:00am Yoga (*of the Old Masters*) Yoga Nidra
- 9:00 - 9:45 am Breakfast
- Practice will include pranayama and therapeutic breathing exercises. Yoga as taught by the Old Masters (in the spirit and style of Friedel Khattab) and meditation in the form of iRest Yoga Nidra.

