

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 Glenda | 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 Tina | 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 Khatatab) and meditation in the form of iRest Yoga Nidra.

