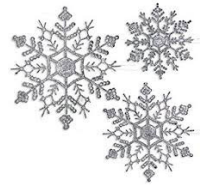




REGISTER NOW

Winter 2018 jan 8 - march 4



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Day Classes - studio closed Family Day, Feb. 19, 2018

Hatha Yoga	Hatha Yoga	Hatha Yoga	Realignment Yoga	Hatha Yoga	Yin/Yang Yoga	Hatha Yoga Intermediate
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9 - 10:30am Tina	9 - 10:30am Gerda	9 - 10:30am Joan	6:30 - 8am Joan	9 - 10:30am Jill	8:45-10:15pm Chris H.	9 - 10:30am Janet
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Beginner Hatha Yoga	Realignment Yoga	Fitmama® (6wks - 18m)	Hatha Yoga	Yin Yoga	Hatha Yoga	
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10:45 - 12pm Keltie	9:15- 10:30am Joan	9:30 - 10:30am Michelle A.	9 - 10:30am Gerda	9:15-10:30am Janet	9 - 10:15am Karen	
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Realignment Yoga	Gentle & Somatic Yoga	Realignment Yoga	Gentle Restorative Yoga	Beginner Hatha Yoga	Realignment Yoga	
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11 - 12:15pm Eva	11 - 12:15pm Jean	11 - 12:15pm Joan	9:15 - 10:45am Karen	10:45 - 12pm Keltie	10:30 - 11:45am Reg	
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Chair Yoga	Realignment Yoga	Gentle and Restorative Yoga		Realignment Yoga	Hatha Yoga	
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1 - 2:15pm Carol	11 - 12:30pm Joan	1 - 2:30pm Melissa		11 - 12:15pm Jill	10:30 - 12pm Janet	
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Realignment Yoga

12:30-1:45pm
Jill



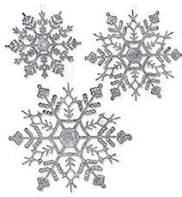
Kick off the New Year!
Unlimited Yoga for January:\$99
 8 Week Session:\$120
 Student/Senior:\$108
 (student ID Required/Senior 60+)
 \$25 Intro/week (new students)
 \$99 Intro/month (new students)
 10 & 30 class passes
 1 Month Unlimited Yoga
 Monthly Membership

Please Note
 Our 2 make-up policy for any registered program ends March 4.



#206 2016 Sherwood Drive . 780.416.4211 . yogafortoday.ca

Also Available - Massage-Acupuncture-CranioSacral-Hot Stone-Reiki-Reflexology




REGISTER NOW

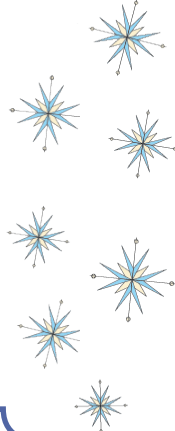
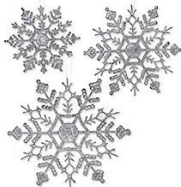


Winter 2018 jan 8 - march 4

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
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Evening Classes - **studio closed Family Day, Feb. 19, 2018**

Yin/Yang Yoga 5:30 - 7:00pm Janet	Hatha Yoga & Aromatherapy 5:30 - 6:45pm Karen	Kids Yoga (6 - 9 yrs) Register thru County 4:15 - 5:15pm Candy	Hatha Yoga Intermediate 5:30 - 6:45pm Gerda	Hatha Yoga for Saffron Centre 5:30 - 6:45pm TTP Grads (\$10 drop in)	iRest Yoga Nidra 7 - 8:30pm Chris/Kajal	
Yoga Sculpt 5:45 - 7:00pm Lori	Ashtanga Yoga 5:30 - 7:00pm Ryan	Kids Yoga (9-12 yrs) Register thru County 4:15 - 5:15pm Donalee	Ashtanga Yoga 6 - 7:30pm Frank	Buddhist Philosophy Course ® Jan 12-Feb 9 (5 wks) 6 - 7pm Kushok Lobsang		
Yoga & Meditation 7:15 - 8:30pm Chris H.	Realignment Yoga 5:30 - 6:45pm Jill	Yin Yoga 5:30 - 6:45pm Leslie	Hatha Yoga 7 - 8:15pm Tina			
Beginner Hatha Yoga 7:15 - 8:30pm Tina	Hatha Yoga 7 - 8:15pm Jill	Realignment Yoga 5:45 - 7pm Reg	Yoga & Meditation for Stress Relief 7 - 8:30pm Pam	<div data-bbox="938 932 1536 2024" style="border: 2px solid blue; padding: 10px;"> <p>January Workshops</p> <p>January 1 - 31 Kick off the New Year w/Unlimited Yoga</p> <p>January 1 - 5 5 Day Weight Regulating Clinic</p> <p>January 1 - 5 5 Day Yoga, Meditation & Mindfulness Clinic</p> <p>January 2 - 7 Yoga for Food Week</p> <p>January 5 New Year Drumming Circle</p> <p>January 6 Intro to the Chakras:Our Energy System</p> <p>January 6 Yoga for Anxiety</p> <p>January 13 Advancing with Yoga</p> <p>January 14 Lymphatic System II</p> <p>January 19 - 21 Yin Level 1 Training</p> <p>January 27 Meditation 101</p> <p>January 27 Psoas Supple Shoulders Workshop</p> <p>January 28 Energy Healing Workshop</p> <p>February Workshops</p> <p>February 3 Anatomy Based Workshop</p> <p>February 4 Pranayama & Mudras</p> <p>February 17 Self Care using Foam Rollers and Therapy Ball</p> <p>February 17 The Egoscue Method to Resolve Chronic Pain</p> <p>February 23 - 25 Journey through the Chakras: A Weekend of self discovery, asana and meditation</p> <p>February 24 Deep Restore</p> </div>		
Kundalini Yoga 7:15 - 8:45pm Janet	Yoga for Anxiety 7 - 8:30pm Gillian K.	Chakra Yoga Meditation® 7 - 8:30pm Leslie	Satsanga Yoga Feb 1- 22 (by donation) 7:30 - 8:30pm Kathryn			
	Prenatal Yoga Fitmama 7:15 - 8:15pm Kristi	Yoga for Stiff Men 7:15 - 8:30pm Reg				
		Beginner Hatha Yoga 7:15 - 8:30pm Michelle A.				



® -Registered class (no drop ins)
 ®© - Registered Class, open to members (no drop-ins)