



REGISTER NOW

Spring 2018 mar 5 - april 29, 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Day Classes - Studio CLOSED Good Friday

Hatha Yoga	Hatha Yoga	Hatha Yoga	Hatha 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	9 - 10:30am Gerda	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) (Register thru County) (Mar 14-Apr25)	Gentle Restorative Yoga	Yin Yoga	Hatha Yoga
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10:45 - 12pm Keltie	9:15- 10:30am Joan	9:30 - 10:30am Michelle A.	9:15 - 10:45am Karen	9:15-10:30am Janet	9 - 10:15am Karen
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Realignment Yoga	Gentle & Somatic Yoga	Hatha Yoga
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11 - 12:15pm Eva	11 - 12:15pm Jean	10:45 - 12:15pm Trina
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Beginner Hatha Yoga	Realignment Yoga
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10:45 - 12pm Keltie	10:30 - 11:45am Reg
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Chair Yoga	Realignment Yoga	Realignment Yoga
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1 - 2:15pm Carol	11 - 12:30pm Joan	11 - 12:15pm Joan
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Realignment Yoga	Hatha Yoga
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11 - 12:15pm Jill	10:30 - 12pm Janet
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Gentle and Restorative Yoga

1 - 2:30pm
Brandi

Realignment Yoga

12:30-1:45pm
Jill



Prices

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 April 29.



#206 2016 Sherwood Drive . 780.416.4211 . yogafortoday.ca

Also Available - Massage-Acupuncture-CranioSacral-Hot Stone



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Evening Classes - Studio CLOSED Good Friday

Yin/Yang Yoga 5:30 - 7:00pm Janet	Hatha Yoga & Aromatherapy 5:30 - 6:45pm Karen	Kids Yoga® (6-9 yrs) 4:15 - 5:15pm Candy	Hatha Yoga Intermediate 5:30 - 6:45pm Gerda
Yoga Sculpt 5:45 - 7:00pm Lori	Ashtanga Yoga 5:30 - 7:00pm Ryan	Kids Yoga® (10 - 14yrs) 4:15 - 5:15pm Donalee	Gentle & Somatic Yoga 5:30 - 6:45 Jean
Yoga & Meditation (Mar 13-Apr 23) 7:15 - 8:30pm Chris H.	Realignment Yoga 5:30 - 6:45pm Jill	Hatha Yoga 5:30 - 6:45pm Leslie	Ashtanga Yoga 6 - 7:30pm Frank
Beginner Hatha Yoga 7:15 - 8:30pm Tina	Hatha Yoga 7 - 8:15pm Jill	Realignment Yoga 5:45 - 7pm Reg	Hatha Yoga 7 - 8:15pm Tina
Kundalini Yoga 7:15 - 8:45pm Janet	iRest Yoga Nidra 7:15 - 8:30pm Chris/Kajal	Seven Spiritual Laws of Success® 7 - 8:30pm Leslie	Yoga & Meditation for Stress Relief 7 - 8:30pm Pam



	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.



Workshops

February 23 - 25
Journey through the Chakras: A weekend of self discovery, asana and meditation

February 24 Restorative Yoga & Nervous System Support

March Workshops

March 7 - April 25 Seven Spiritual Laws of Success

March 10 Breath Meditation & Asana Workshop-
March 10 Happy Feet

March 11 Yoga of the Old Masters - Nakamura & Wada Systems

March 16 Drumming Equinox Celebration

March 22-25 Yoga & Meditation Retreat

March 24 Healthy Pelvis

April Workshops

April 7 Anatomy Based Workshop

April 8 Mudras, Breath for Headaches & Migraines

April 15 Yoga Breath and Voice

April 21 Addressing Chronic Back Pain w/Egoscue Method

April 21 Self Care with Foam Rollers and Balls

April 27-29 Journey Through the Chakras

April 30 - May 2 Rest and Revitalize

® -Registered class (no drop ins)