



# Winter Yoga Classes

Try a unique and different movement class, personalized to meet your specific needs.  
 Sue has extensive training and experience and is a truly caring yoga teacher,  
 specializing in *therapeutic yoga and movement therapy*.

**November 1 - December 20/17**

**\*\*\* No classes November 6-10 or December 5 \*\*\***

**Mondays:**

9:30 - 10:45am - Therapeutic

**Wednesdays:**

9:30- 10:45am - Therapeutic

**Fridays:**

9:30- 10:45am - Therapeutic

**Tuesdays:**

12- 1:15pm - Therapeutic

5:45-7pm - Therapeutic

**Thursdays:**

10:30- 11:30am - SENIORS

12- 1:15pm - Therapeutic

5:45-7pm - Yin

7:30-8:45pm - Therapeutic



**Winter Sessions:**

5 weeks (1 class/week) **\$125 + GST**

6 weeks (1 class/week) **\$150 + GST**

7 weeks (1 class/week) **\$175 + GST**

Unlimited Monthly Pass for November **\$179 + GST**

Unlimited Monthly Pass for December **\$149 + GST**

Drop-in single session **\$28 with GST**

\* Unlimited passes are based on number of classes available/month, thus the pricing difference per month.  
 Max 10 per class. **MUST reserve your spot ONLINE in the classes you want. No refunds or transfers.**