


**Regular Class Schedule - Starts June 19th, 2017**

Monday	Tuesday		Wednesday	Thursday	Friday	Saturday	Sunday
						9:00 - 10:00 Hatha Hyunjoo	9:00 - 10:00 Hatha Roberta
9:15 - 10:15 Gentle Yoga Kim	9:15 - 10:15 Hatha Diane		9:15 - 10:15 Gentle Yoga Su	9:15 - 10:15 Gentle Yoga Sylvie	9:15 - 10:15 Hatha Diane		
9:30 - 10:30 Yoga Flow Su	9:30 - 10:30 Gentle Yoga Roberta	9:30 - 10:30 Pilates Suzanne	9:30 - 10:30 Hatha & Meditation Glenda	9:30 - 10:30 Pilates Carole	<b>New!</b> 9:30 - 10:30 Gentle Flow Glenda	9:30 - 10:30 Barrelates Anita	9:30 - 10:30 Power Yoga Hyunjoo
10:30 - 11:30 Mindful Movement Kimberly	10:30 - 11:45 Restorative Yoga Dawn-Marie		10:30-11:45 Yin Yoga Diane	10:30 - 11:30 Meditation Kimberly	10:30 - 11:30 Gentle Yoga Roberta	10:15 - 11:30 Yin Yoga Hyunjoo	10:15 - 11:15 Gentle Yoga Roberta
	12:45 - 1:45 <b>*Mom &amp; Baby Yoga*</b> May 30 to June 27					10:45 - 11:45 Gentle Yoga Lyssa	10:45 - 12:00 Stress Redux Richard
1:00 - 2:00 Gentle Pilates Suzanne	1:00 - 2:00 Gentle Yoga Tina		1:00 - 2:15 Stress Redux Richard	1:00 - 2:00 Gentle Yoga Suzanne	1:00 - 2:00 <b>*Karma Yoga*</b> June 23, July 7 & 21 August 11 & 25		
5:30 - 6:30 Hatha Su	5:30 - 6:30 Pilates Anita		5:30 - 6:30 Yoga Flow Hyunjoo	5:30 - 6:30 Hatha Jessica	 <p style="text-align: center;"><b>Special Events and Workshops</b> Register at <a href="http://www.beyondyogaottawa.com">www.beyondyogaottawa.com</a></p> <p>Yoga Nidra with Kimberly Mantas Monday, June 19 – 7:30 – 8:30 p.m.</p> <p>108 Sun Salutations – Summer Solstice Experience with Su Li Ng Thursday, June 22 – 6:00 – 7:30 p.m.</p> <p>Yoga for Runners with Elaine Jandciu – 4 week series Thursdays - June 22 &amp; 29, July 6 &amp; 13 6:00 – 7:00 p.m.</p> <p>Candlelight Restorative with Kimberly Mantas Sunday, June 25<sup>th</sup> – 1:00 – 3:00 p.m.</p>		
6:00 - 7:00 Yin Yoga Richard	<b>New!</b> 6:00 - 7:00 Yoga Flow Erin		6:00 - 7:00 Gentle Yoga Carole	6:00 - 7:00 <b>*Yoga for Runners*</b> June 22 & 29, July 6 & 13			
6:45 - 7:45 Yoga for Golfers® Diane	6:45 - 7:45 Gentle Yoga Melanie		6:45 - 7:45 <b>New!</b> Hatha Roberta	6:45 - 7:45 Gentle Yoga Glenda			
7:15 - 8:30 Stress Redux Richard	7:15 - 8:15 Hatha Sue		7:15 - 8:30 Restorative Yoga Carole	7:15 - 8:30 Yin & Meditation Brian			
7:30 - 8:30 <b>*Meditation Program*</b> June 26 to July 31							

Check our website for Workshops and Special Events. [www.beyondyogaottawa.com](http://www.beyondyogaottawa.com). Schedule subject to change

**\*\*Registration Programs. Separate fee required. Register at [www.beyondyogaottawa.com](http://www.beyondyogaottawa.com)**

Summer Solstice Special - \$149.00 +HST - June 19th to September 3rd