

Class Schedule - Effective Saturday, January 6th

Monday	Tuesday		Wednesday		Thursday		Friday	Saturday	Sunday
								9:00 - 10:00 Hatha Hyunjoo	9:00 - 10:00 Hatha Diane
9:15 - 10:15 Gentle Yoga Dawn-Marie	9:15 - 10:15 Hatha Diane		9:15 - 10:15 Gentle Yoga Su		9:15 - 10:15 Gentle Yoga Hyunjoo		9:15 - 10:15 Hatha Diane		
9:30 - 10:30 Yoga Flow Su	9:30 - 10:30 Gentle Yoga Cara-Lynne	9:30 - 10:30 Pilates Carole	<b>New!</b> 9:30 - 10:45 ***Somatic Movement Richard	9:30 - 10:30 Hatha & Meditation Glenda	9:30 - 10:30 Hatha Kimberly	9:30-10:30 Pilates Suzanne	9:30 - 10:30 Gentle Flow Glenda	9:30 - 10:30 Barrelates Anita	9:30 - 10:30 Power Yoga Hyunjoo
								10:15 - 11:30 Yin Yoga Hyunjoo	10:15 - 11:15 Gentle Yoga Dawn-Marie
10:45 - 11:45 Forever Young Yoga Carole	10:45 - 12:00 Restorative Yoga Dawn-Marie		10:45 - 11:45 Yin Yoga Diane		10:45 - 11:45 Meditation Kimberly		<b>New Time!</b> 10:45 - 11:45 Gentle Yoga Dawn-Marie	10:45 - 11:45 Gentle Yoga Catherine	<b>New!</b> 10:45 - 12:00 SomaYin Richard
	11:15 - 12:15 <b>**Mom &amp; Baby**</b> Jan 16 to Feb 20								
	12:30 - 1:30 BCA* Jan 16 to March 27								
1:00 - 2:00 Gentle Pilates Suzanne	1:00 - 2:00 Gentle Yoga Tina		1:00 - 2:00 Gentle Pilates Suzanne		1:00 - 2:00 Gentle Yoga Suzanne		1:00 - 2:15 ***Somatic Movement Richard		
<b>New!</b> 1:30 - 2:30 Taoist Flow - Glenda Jan 15 to Feb 5 (4 wks)									
5:30 - 6:30 Hatha Su	5:30 - 6:30 Pilates Anita		5:30 - 6:30 Yoga Flow Diane		5:30 - 6:30 Hatha Leyette				
<b>New!</b> 6:00 - 7:00 SomaYin Richard	<b>New Time!</b> 6:00 - 7:00 Hatha Sue		6:00 - 7:00 Gentle Yoga Carole						
6:00 - 7:00 <b>**Prenatal Yoga**</b> Jan 15 to Feb 19							6:30 - 7:30 <b>**Yoga 101**</b> Jan 18 to Feb 5		
6:45 - 7:45 Power Yoga Su	6:45 - 7:45 Gentle Yoga Melanie		6:45 - 7:45 Hatha Ana		6:45 - 7:45 Gentle Yoga Tina				
7:15 - 8:30 ***Somatic Movement Richard	7:15 - 8:30 Yin Yoga Deborah		7:15 - 8:30 Restorative Yoga Carole		7:15 - 8:30 Yin & Meditation Brian				
	7:30 - 8:30 <b>**Meditation Course**</b> Jan 16 to Feb 20								

**Winter Workshops at Beyond Yoga!**  
[www.beyondyogaottawa.com](http://www.beyondyogaottawa.com)

**Special Events**

- Intro to Meditation with Kimberly Mantas  
Tuesday - January 9th - 7:30 p.m. - 8:30 p.m.
- Self-Care Transformation Workshop with Kylie Delfino  
Saturday - January 20th - 1:00 p.m. - 4:00 p.m.
- Yoga Nidra with Kimberly Mantas  
Wednesdays - January 24th - 1:00 p.m. - 2:00 p.m.
- Yin & Restorative with Dawn-Marie Bourgeois  
Sunday, January 28th - 1:00 p.m. - 2:30 p.m.

\*\*\*Somatic Movement - Replaces Stress Redux. Same great class with a new name  
 \*\*Registration and separate fee required. \*BCA Breast Cancer Action is a private Class. Please register at [www.bcaott.ca](http://www.bcaott.ca)  
 New to Yoga? Try our Intro offer \$35 for 30 days of unlimited yoga classes. \*Conditions Apply.