

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00 Yoga Flow Leyette	9:00 - 10:00 Gentle Yoga Leyette	9:00 - 10:00 Gentle Yoga Julia	9:00 - 10:00 Gentle Yoga Sylvie	9:00 - 10:00 <i>New</i> Hatha Yoga Shelley	9:00 - 10:00 <i>New</i> Pilates for All Carole	9:00 - 10:00 Core Yoga Leyette
9:30 - 10:30 Gentle Yoga Cathy	9:30 - 10:30 Forever Strong Suzanne	9:30 - 10:30 Gentle Yoga Flow Sylvie	9:30 - 10:30 Hatha Yoga Kimberly	9:30 - 10:30 Gentle & Restorative Meghan	9:30 - 10:30 <i>New</i> Gentle Yoga Shelley	9:30 - 10:30 <i>New</i> Gentle Hips Dawn-Marie
10:45 - 11:45 Forever Young on the Ball Dawn-Marie	10:45 - 11:45 <i>New</i> Gentle Pilates Cathy	10:45 - 11:45 Hatha Yoga Deborah	10:45 - 11:45 <i>New</i> Pilates for All Cathy	10:45 - 11:45 Yin Yoga Kim	10:30 - 11:30 Yin Yoga Diane	10:30 - 11:30 Gentle Yoga Flow Diane
1:00 - 2:00 Gentle Somatic Yoga Glenda	12:00 - 12:45 Lunchbreak Hatha Yoga Glenda		12:00 - 12:45 Lunchbreak Hatha Yoga Glenda	1:30 - 2:30 Yoga Flow Leyette		
7:30 - 8:30 Gentle Flow & Let Go Su	7:30 - 8:45 Yin & Meditation Brian M	7:30 - 8:30 Gentle & Restorative Kim	7:30 - 8:30 Gentle Yoga with Yoga Nidra Julia	 <p>Special Offerings at Beyond this Fall</p> <p>Heal Your Life® Transformational Workshop Weekend with Tina D'Angelo Saturday, November 28th and Sunday November 29th 12:00 p.m. to 4:00 p.m.</p> <p>Virtual Meditation Series with Kimberly Mantas The Play of Lightness & Darkness Within Tuesdays, November 10th to December 15th (6 weeks) 7:30 p.m. to 8:30 p.m.</p> <p>Virtual Mindful Movement Series with Kimberly Mantas Reconnecting with the Amazing You! Wednesdays, November 18th to December 9th (4 weeks) 11:00 a.m. to 12:00 p.m.</p>		

All classes are offered online via the Zoom meeting platform.
Download the Zoom app or visit www.zoom.us to register for your free account.

Please register in advance for your classes to receive a class confirmation
and your unique Zoom class meeting link.

New to Yoga? Try our intro offer: \$45 for 30 days of unlimited yoga classes.
Conditions apply.

Check our website www.beyondyogaottawa.com for more
registered Programs & Workshops.

Schedule Subject to Change.