

**Class Schedule - Effective May 1st, 2021**

www.beyondyogaottawa.com

*No classes Monday, May 24th. Closed for Victoria Day.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					9:00 - 10:00 Virtual Gentle Yoga Shelley	9:00 - 10:00 Virtual Gentle Hips Dawn-Marie
9:15 - 10:15 Virtual Forever Young: Core & More Dawn-Marie	9:30 - 10:30 Virtual Yin Yang <b>New!</b> Suzanne	9:15 - 10:15 Virtual Hatha Yoga Leyette	9:30 - 10:30 Virtual Hatha Yoga Kimberly	9:30 - 10:30 Virtual Gentle & Restorative Glenda	9:00 - 10:00 Virtual Forever Strong Carole	9:00 - 10:00 Virtual Yin Yoga Diane
9:30 - 10:30 Virtual Gentle Yoga Cathy	10:45 - 11:45 Virtual Pilates Fusion <b>New!</b> Cathy	9:30 - 10:30 Virtual Gentle Yoga Flow Sylvie	10:45 - 11:45 Virtual Yagalates Cathy		10:30 - 11:30 Virtual Pilates Anita	10:30 - 11:30 Virtual Yoga Flow 1-2 Diane
1:00 - 2:00 Virtual Gentle Somatic Yoga Glenda	12:00 - 12:45 Virtual Lunchbreak Hatha Yoga Glenda		12:00 - 12:45 Virtual Lunchbreak Hatha Yoga Glenda	1:30 - 2:30 Virtual Yoga Flow 1-2 Leyette		
6:00 - 7:00 Virtual Hatha Yoga Su		6:00 - 7:00 Virtual Yoga Flow 1-2 Elaine	6:00 - 7:00 Virtual Hatha Hips Julia			
7:30 - 8:30 Virtual Gentle Flow & Let Go Su	7:30 - 8:45 Virtual Yin & Meditation Brian	7:30 - 8:45 Virtual Restorative Yoga Carole	7:30 - 8:30 Virtual Gentle Yoga with Nidra Julia			

## Special Offerings\* at Beyond this Spring

### Virtual Specialty Series: Somatic Yin with Brian Moore

Fridays: May 7th to May 28th  
11:00 a.m. to 12:00 p.m.

### Virtual Workshop: Inspired Journey through the Chakras with Sylvie Gouin

Wednesday, May 12th  
6:45 p.m. to 8:15 p.m.

### Virtual Meditation Series: Resting in the Rhythm of Sound with Kimberly Mantas

Tuesdays: May 25th to June 29th

All virtual classes are offered online via the Zoom meeting platform.  
Download the Zoom app or visit [www.zoom.us](http://www.zoom.us) to register for your free account.

Please register in advance for your classes to receive a class confirmation

Schedule Subject to Change.

\* Registration and separate fee required for specialty classes, workshops and teacher trainings.