

# HAMSA YOGA *Spring/Summer* SCHEDULE 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30-10:30 GENTLE HATHA* Erin	9:30-10:30 STRETCH + UNWIND* Erin	9:30-10:30 GENTLE HATHA* Perry	9:30-10:30 STRETCH + UNWIND* Andrea	9:30-10:30 GENTLE FLOW* Tiffany	9:00-10:00 YOGA 101* Tiffany	8:30-9:15 Meditation 101 Series (Jun 3-24) Carey
12:00-1:00 HOT FLOW Andrea		12:00-1:00 STRETCH + UNWIND* Tiffany	12:00-1:00 FLOW + GLOW Cara		9:00-10:00 WARM FLOW* Taylor	9:30-10:30 WARM RISE + Melt* Carey
5:00-6:00 SLOW FLOW* Andrea	5:30-6:30 AROMA FLOW* Monica	6:00-7:00 BEGINNER 2 SERIES (May 2-June 6) Tiffany	5:30-6:30 PRANA FLOW Andrea	5:30-6:30 BEATS + BLISS Stephanie		
6:30-7:30 HOT FLOW Andrea	6:00-7:00 HOT FLOW Robyn	6:00-7:00 HOT FLOW Stephanie		Check out our workshops!		
7:00-8:00 STRETCH + UNWIND* Carey		7:30-8:30 WARM FLOW* Stephanie	7:00-8:00 WARM STRETCH + RESTORE* Monica	<b>SPRING/SUMMER SCHEDULE FOR</b> May 1-Aug 31, 2018  <b>STUDIO HOLIDAYS</b> May 21 – Victoria Day July 1 – Canada Day Aug 6 – Civic Holiday		

\*Suitable for beginners | Schedule subject to changes. Always check online: <http://hamsayogastudio.ca/class-schedule/>