



# HAMSA YOGA DEC SCHEDULE 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30-10:30 GENTLE YOGA* Erin	9:30-10:30 STRETCH + UNWIND* Erin	9:30-10:30 GENTLE YOGA* Perry	9:30-10:30 STRETCH + UNWIND* Andrea	9:30-10:30 GENTLE YOGA* Tiffany	9:00-10:00 GENTLE YOGA* Tiffany	
12:00-1:00 WARM FLOW Meghan		12:00-1:00 STRETCH + UNWIND* Tiffany		12:00-1:00 GENTLE + WALL* Tiffany	9:00-10:00 WARM FLOW* Andrea	9:30-10:30 WARM FLOW* Carey
	5:30-6:30 AROMA FLOW* Monica	6:00-7:00 YOGA WALL* Tiffany	6:00-7:00 SLOW FLOW* Gillian			
6:00-7:00 HOT FLOW Andrea	6:00-7:00 WARM FLOW Cara	6:00-7:00 HOT FLOW Stephanie	6:00-7:00 HOT FLOW Meghan			7:00-8:00 YOGA NIDRA SERIES Carey (Nov 18 – Dec 9)
7:30-8:30 WARM STRETCH + UNWIND* Carey		7:30-8:30 WARM FLOW* Stephanie	7:30-8:30 BREATHE + RESTORE* Ruth	SCHEDULE FOR DEC 1-31 STUDIO CLOSED: DEC 24, DEC 25, DEC 26, JAN 1 Please see website for reduced holiday schedule.		
		7:30-8:30 BEGINNER SERIES Tiffany (Nov 7 –Dec 19)		*Suitable for beginners   Schedule subject to changes Always check online: <a href="http://hamsayogastudio.ca">hamsayogastudio.ca</a>		