

HAMSA YOGA *February* SCHEDULE 2019

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* Tracy	9:30-10:30 STRETCH + UNWIND* Andrea	9:30-10:30 GENTLE YOGA* Tiffany	8:30-9:30 SIMPLY YOGA* Tiffany/ Charlotte	9:30-10:30 WARM FLOW* Carey
12:00-1:00 WARM FLOW Cara		12:00-1:00 YIN/YANG/WALL* Tiffany	12:00-1:00 WARM FLOW Cara	12:00-1:00 YIN/YANG/ WALL * Tiffany	10:00-11:00 YOGA GIRLS SERIES Andrea/Carey	
6:00-7:00 HOT FLOW Andrea	5:30-6:30 AROMA FLOW* Carey	6:00-7:00 YOGA WALL* Tiffany	6:00-7:00 SLOW FLOW* Charlotte		10:00-11:00 WARM FLOW Carly	6:00-7:00 YOGA NIDRA Carey (Feb 3-24)
	6:00-7:00 HOT FLOW Cara	6:00-7:00 HOT FLOW Stephanie	6:00-7:00 HOT FLOW Carly		12:00-1:00 SPINAL SERIES Ruth (Jan 19-Feb 9)	7:30-8:30 SELF-MASTERY SERIES Carey (Jan 20-Mar 31)
7:30-8:30 WARM STRETCH + UNWIND* Carey		7:30-8:30 WARM FLOW* Stephanie	7:30-8:30 COZY BREATHE + RESTORE* Ruth	SCHEDULE FOR FEBRUARY Studio holiday closures: Feb 18 (Family Day)		
	7:30-8:30 PRENATAL SERIES Carey (Jan 22-Mar 12)			*Suitable for beginners Schedule subject to changes Always check online: hamsayogastudio.ca		