

HAMSA YOGA *June* 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 FLOW* Amanda	9:00-10:00 SIMPLY YOGA* Carly	9:30-10:30 WARM FLOW* Carey
	11:00-12:00 SERIES: BABY + ME Carly (Jun 4-25))	12:00-1:00 YIN/YANG/WALL* Tiffany				
	1:30-2:30 SERIES: GENTLE YOGA TONE Tracy (May 28 - Jun 13)		1:30-2:30 SERIES: GENTLE YOGA TONE Tracy (May 28 - Jun 13)			
	5:30-6:30 AROMA FLOW* Vichardeep	6:00-7:00 YIN/YANG/WALL* Tiffany	5:30-6:45 KUNDALINI* Vichardeep (1 st THU of each month)			
6:00-7:00 HOT FLOW Andrea	6:00-7:00 WARM FLOW Cara	6:30-7:30 HOT FLOW Amanda	6:00-7:00 WARM FLOW Carly	Visit our website for Kids Yoga dates, series, workshops + more!		
7:30-8:30 STRETCH + UNWIND* Carey			7:30-8:30 STRETCH + UNWIND* Vichardeep	Schedule valid for JUNE 2019 *Suitable for beginners Schedule subject to changes Always check online: hamsayogastudio.ca		