

HAMSA YOGA *May* 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* Carly	9:30-10:30 WARM FLOW* Carey
	11:00-12:00 SERIES: BABY + ME Carly (Apr 23 – May 28)	12:00-1:00 YIN/YANG/WALL* Tiffany			10:00-11:00 WARM FLOW Carly	
	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		Visit our website for Kids Yoga dates, Workshops + more!		
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 WARM FLOW Carly			
7:30-8:30 STRETCH + UNWIND* Carey	7:30-8:30 SERIES: PRENATAL Vichardeep (Apr 9 - May 28)	7:30-8:30 STRETCH + UNWIND* Stephanie	7:30-8:30 STRETCH + UNWIND* Vichardeep	Studio holiday closures for MAY: May 20 (Victoria Day)		
	7:30-8:30 SERIES: YOGA FOR RUNNERS Andrea (May 7 - 28)			Schedule valid for May 2019 *Suitable for beginners Schedule subject to changes Always check online: hamsayogastudio.ca		