

Yogaroots fall 2018

September 10 - October 26 7 weeks

November 5 - December 21 7 weeks

9048 Glover Rd
 Box 122, Fort Langley, BC, V1M 2R5
www.yogarootsmindfulness.ca
info@yogarootsmindfulness.ca

Pre-registered classes
 Cash, Cheque, or e-transfer only
 Bring your own yoga mat

monday

September

November

No classes October 8

10:00 - 11:30 am	Gentle Hatha Yoga	Tara	Sept. 10 - Oct. 22	\$96	Nov. 5 - Dec. 17	\$112
5:30 - 7:00 pm	Mixed Level Hatha Yoga	Tara	Sept. 10 - Oct. 22	\$96	Nov. 5 - Dec. 17	\$112
7:30 - 9:00 pm	Advanced Hatha Yoga	Tara	Sept. 10 - Oct. 22	\$96	Nov. 5 - Dec. 17	\$112

tuesday

9:30 - 11:00 am	Intermediate Hatha Yoga	Tara	Sept. 11 - Oct. 23	\$112	Nov. 6 - Dec. 18	\$112
11:30 - 1:00 pm	Mixed Level	Kathy	Sept. 11 - Oct. 23	\$112	Nov. 6 - Dec. 18	\$112
5:30 - 7:00 pm	Gentle Hatha yoga	Kathy	Sept. 11 - Oct. 23	\$112	Nov. 6 - Dec. 18	\$112

wednesday

9:30 - 11:00 am	Beginning Hatha Yoga	Tara	Sept. 12 - Oct. 24	\$112	Nov. 7 - Dec. 19	\$112
5:30 - 7:00 pm	Beginning Hatha Yoga	Kathy	Sept. 12 - Oct. 24	\$112	Nov. 7 - Dec. 19	\$112
7:30 - 9:00 pm	Mixed Level Hatha Yoga	Tara	Sept. 12 - Oct. 24	\$112	Nov. 7 - Dec. 19	\$112

thursday

9:30 - 11:00 am	Intermediate Hatha Yoga	Tara	Sept. 13 - Oct. 25	\$112	Nov. 8 - Dec. 20	\$112
11:30 - 12:45 pm	Restorative Hatha Yoga	Tara	Sept. 13 - Oct. 25	\$112	Nov. 8 - Dec. 20	\$112
5:30 - 7:00 pm	Intermediate Hatha Yoga	Tara	Sept. 13 - Oct. 25	\$112	Nov. 8 - Dec. 20	\$112

friday

9:30 - 11:00 am	Mixed Level Hatha Yoga	Kathy	Sept. 14 - Oct. 26	\$112	Nov. 9 - Dec. 21	\$112
11:30 - 12:45 pm	Restorative Hatha Yoga	Kathy	Sept. 14 - Oct. 26	\$112	Nov. 9 - Dec. 21	\$112