

Yogaroots fall 2019

September 9 - October 25 7 weeks

November 4 - December 20 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 October		November December	
10:00 - 11:30 am	Gentle Hatha Yoga	Tara	Sept 9 - Oct 21	\$96	Nov 4 - Dec 16	\$96
5:30 - 7:00 pm	Mixed Level Hatha Yoga	Tara	Sept 9 - Oct 21	\$96	Nov 4 - Dec 16	\$96
7:30 - 9:00 pm	Advanced Hatha Yoga	Tara	Sept 9 - Oct 21	\$96	Nov 4 - Dec 16	\$96

tuesday

9:30 - 11:00 am	Intermediate Hatha Yoga	Tara	Sept 10 - Oct 22	\$112	Nov 5 - Dec 17	\$112
5:30 - 7:00 pm	Gentle Hatha yoga	Kathy	Sept 10 - Oct 22	\$112	Nov 5 - Dec 17	\$112
7:30 - 8:45 pm	Beginning Hatha yoga	Tara	Sept 10 - Oct 22	\$112	Nov 5 - Dec 17	\$112

wednesday

9:30 - 11:00 am	Beginning Hatha Yoga	Tara	Sept 11 - Oct 23	\$112	Nov 6 - Dec 18	\$112
2:00 - 3:30 pm	Feldenkrais	Lynn	Sept 11 - Oct 23	\$147	Nov 6 - Dec 18	\$147
5:30 - 7:00 pm	Beginning Hatha Yoga	Kathy	Sept 11 - Oct 23	\$112	Nov 6 - Dec 18	\$112
7:30 - 9:00 pm	Mixed Level Hatha Yoga	Tara	Sept 11 - Oct 23	\$112	Nov 6 - Dec 18	\$112

thursday

9:30 - 11:00 am	Intermediate Hatha Yoga	Tara	Sept 12 - Oct 24	\$112	Nov 7 - Dec 19	\$112
11:30 - 12:45 pm	Restorative Hatha Yoga	Tara	Sept 12 - Oct 24	\$112	Nov 7 - Dec 19	\$112
5:30 - 7:00 pm	Intermediate Hatha Yoga	Tara	Sept 12 - Oct 24	\$112	Nov 7 - Dec 19	\$112
7:30 - 8:45 pm	Restorative Hatha Yoga	Kathy	Sept 12 - Oct 24	\$112	Nov 7 - Dec 19	\$112

friday

9:30 - 11:00 am	Mixed Level Hatha Yoga	Kathy	Sept 13 - Oct 25	\$112	Nov 8 - Dec 20	\$112
11:30 - 12:45 pm	Restorative Hatha Yoga	Kathy	Sept 13 - Oct 25	\$112	Nov 8 - Dec 20	\$112