

Yogaroots spring 2019

May 6 - June 28

8 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

10:00 - 11:30 am	Gentle Hatha Yoga	Tara
5:30 - 7:00 pm	Mixed Level Hatha Yoga	Tara
7:30 - 9:00 pm	Advanced Hatha Yoga	Tara

May / June

No classes May 20

May 6 - June 24	\$112
May 6 - June 24	\$112
May 6 - June 24	\$112

tuesday

9:30 - 11:00 am	Intermediate Hatha Yoga	Tara
5:30 - 7:00 pm	Gentle Hatha yoga	Kathy

May 7 - June 25	\$128
May 7 - June 25	\$128

wednesday

9:30 - 11:00 am	Beginning Hatha Yoga	Tara
5:30 - 7:00 pm	Beginning Hatha Yoga	Kathy
7:30 - 9:00 pm	Mixed Level Hatha Yoga	Tara

May 8 - June 26	\$128
May 8 - June 26	\$128
May 8 - June 26	\$128

thursday

9:30 - 11:00 am	Intermediate Hatha Yoga	Tara
11:30 - 12:45 pm	Restorative Hatha Yoga	Tara
5:30 - 7:00 pm	Intermediate Hatha Yoga	Tara

May 9 - June 27	\$128
May 9 - June 27	\$128
May 9 - June 27	\$128

friday

9:30 - 11:00 am	Mixed Level Hatha Yoga	Kathy
11:30 - 12:45 pm	Restorative Hatha Yoga	Kathy

No classes May 17

May 10 - June 28	\$112
May 10 - June 28	\$112