

Yogaroots summer 2019

July 8 - 26 3 weeks

August 5 - 30 4 weeks

9048 Glover Rd
 Box 122, Fort Langley, BC, V1M 2R5
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Pre-registered classes
 Cash, Cheque, or e-transfer only
 Bring your own yoga mat

monday

			July	August
10:00 - 11:30 am	Gentle Hatha Yoga	Tara	July 8 - 22 \$48	August 12 - 26 \$48
5:30 - 7:00 pm	Mixed Level Yoga	Tara	no class	August 12 - 26 \$48
7:30 - 9:00 pm	Advanced Hatha Yoga	Tara	July 8 - 22 \$48	August 12 - 26 \$48

No classes August 5

tuesday

9:30 - 11:00 am	Intermediate Yoga	Tara	no class	August 6 - 27 \$64
5:30 - 7:00 pm	Gentle Hatha yoga	Kathy	July 9 - 23 \$48	August 6 - 27 \$64

wednesday

9:30 - 11:00 am	Beginning Hatha Yoga	Tara	July 10 - 24 \$48	August 7 - 28 \$64
7:30 - 9:00 pm	Mixed Level Hatha Yoga	Tara	July 10 - 24 \$48	August 7 - 28 \$64

thursday

9:30 - 11:00 am	Intermediate Hatha Yoga	Tara	July 11 - 25 \$48	August 8 - 29 \$64
11:30 - 12:45 pm	Restorative Hatha Yoga	Kathy	July 11 - 25 \$48	August 8 - 29 \$64
5:30 - 7:00 pm	Intermediate Hatha Yoga	Tara	July 11 - 25 \$48	August 8 - 29 \$64

friday

9:30 - 11:00 am	Mixed Level Yoga	Kathy	July 12 - 26 \$48	no class
11:30 - 12:45 pm	Restorative Hatha Yoga	Kathy	July 12 - 26 \$48	August 9 - 30 \$64