

# Yogaroots winter 2019

January 7 - February 22 7 weeks

March 4 - April 26 8 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

\* The classes in red have slightly different dates to accommodate the weeks Tara is away leading the retreat. No classes February 4 - 14.

## monday

January/February

March/April

No classes February 18

No classes April 22

10:00 - 11:30 am	Gentle Hatha Yoga	Tara	Jan. 7 - Feb. 11	\$96	March 4 - April 15	\$112
5:30 - 7:00 pm	Mixed Level Hatha Yoga	Tara	Jan. 7 - Feb. 25	\$80	March 4 - April 15	\$112
7:30 - 9:00 pm	Advanced Hatha Yoga	Tara	Jan. 7 - Feb. 25	\$80	March 4 - April 15	\$112

## tuesday

9:30 - 11:00 am	Intermediate Hatha Yoga	Tara	Jan. 8 - Feb. 26	\$96	March 5 - April 23	\$128
5:30 - 7:00 pm	Gentle Hatha yoga	Kathy	Jan. 8 - Feb. 19	\$112	March 5 - April 23	\$128

## wednesday

9:30 - 11:00 am	Beginning Hatha Yoga	Tara	Jan. 9 - Feb. 27	\$96	March 6 - April 24	\$128
5:30 - 7:00 pm	Beginning Hatha Yoga	Kathy	Jan. 9 - Feb. 20	\$112	March 6 - April 24	\$128
7:30 - 9:00 pm	Mixed Level Hatha Yoga	Tara	Jan. 9 - Feb. 20	\$112	March 6 - April 24	\$128

## thursday

9:30 - 11:00 am	Intermediate Hatha Yoga	Tara	Jan. 10 - Feb. 28	\$96	March 7 - April 25	\$128
11:30 - 12:45 pm	Restorative Hatha Yoga	Tara	Jan. 10 - Feb. 21	\$112	March 7 - April 25	\$128
5:30 - 7:00 pm	Intermediate Hatha Yoga	Tara	Jan. 10 - Feb. 28	\$96	March 7 - April 25	\$128

## friday

No classes April 19

9:30 - 11:00 am	Mixed Level Hatha Yoga	Kathy	Jan. 11 - Feb. 22	\$112	March 8 - April 26	\$112
11:30 - 12:45 pm	Restorative Hatha Yoga	Kathy	Jan. 11 - Feb. 22	\$112	March 8 - April 26	\$112