

Effective July 15, 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8:30 - 9:30 Vinyasa Flow Kim Hanna	
9:15-10:15 Gentle Yoga Kim Hanna	9:15 -10:30 Hatha All Levels Diane	9:15 - 10:15 Gentle Yoga Glenda	9:15 -10:30 Gentle Yoga Diane	9:15-10:30 Hatha Diane	9:00 - 10:00 Yoga Basics Elizabeth	9:00-10:00 Hatha All Levels Roberta
9:30 -10:30 Vinyasa Flow Su Ng		9:30 -10:30 Power Yoga Basics Su Ng	9:30-10:30 Pilates Diane Mayer		10:00-11:15 Hatha Renewal Terri	10:15 - 11:15 Gentle Yoga Roberta
10:30-11:30 Yin Yoga Kim Hanna	10:30 -11:30 Yoga Flow Roberta			10:30-11:30 Gentle Yoga Roberta		
	12:05 -12:50 Hatha Suzanne					
	1:00-2:00 Gentle Yoga Suzanne					
5:30 -6:30 Hatha Stephanie		5:30-6:30 Vinyasa Flow Stephanie		<p>Beyond Specialty Classes - Sign up Early! Wednesdays from 6:45 to 7:45 p.m.</p> <p><u>July 22nd - Restorative - Unwind your Spine</u> Give your spine some well-deserved TLC.</p> <p><u>July 29th - Restorative - Good Night, Sleep Tight</u> Melt away Fatigue with complete relaxation for mind and body.</p> <p><u>August 5th-Exploring Pigeon</u> Work through 7 variations of the pigeon pose. Release those hips.</p> <p><u>Aug 12th - Crystal Bowl Meditation</u> A sensory fusion of yoga flow and heart opening meditation.</p> <p><u>August 19th - Moving Into Meditation</u> You will be guided through different meditation and visualization practices to cultivate inner awareness and greater peace of mind.</p> <p><u>August 26th - Restorative -Ah...Tension Tamer</u> Need a way to let go of the busy..ness of everyday life? Come release those common areas of tension.</p>		
6:00 -7:00 Yin Yoga Richard	6:00 - 7:00 Ball Bliss Erin		6:00-7:00 Hatha Jessica			
6:30 -7:30 YFF* Starts in September		6:30 -7:30 YFF* July 8 to July 29				
6:45-7:45 Prenatal* Starts in September	7:30 -8:30 Meditation* July 21 to Aug 25	6:45-7:45 Special Classes See on line schedule				
7:15-8:30 Stress Redux Richard	7:15 -8:30 Yoga Tone Carol		7:15 -8:15 Vinyasa Flow Diane			
	7:30 -8:45 Hatha Elizabeth	8:00 -9:00 Yin Yoga Roberta	7:30 -8:45 Yin and Meditation Brian			

Summer Solstice Special June 22 to Sept 6th, 2015 Only \$129 Unlimited Yoga

***Registration and separate fee required. For details and to register, please visit our website.**

Sign up for classes on line at www.beyondyogaottawa.com. Schedule subject to change

New to Yoga? 30 days for \$35 Intro Special - ask for more info 613-591-9642