



little mountain yoga

An intimate studio setting with small group classes (max 20 students per class)

September 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15-9:45am Body Rolling Yoga <i>Micheline</i>	7:00-8:30am Early Morning Hatha <i>Micheline</i>		7:00-8:30am Early Morning Hatha <i>Micheline</i>	8:30-9:45am Body Rolling Yoga <i>Micheline</i>		STUDIO AVAILABLE TO RENT 604-928-3936
	9:30-11:00am HATHA (All Levels) <i>Nancy</i>		9:30-11:00am HATHA FLOW <i>Nancy</i>	11:00-12:30pm HATHA (All Levels) <i>Nancy</i>	10:00-11:15am HATHA (All Levels) <i>Nancy</i>	11:30-12:45pm Prenatal Yoga <i>Begins Sept. 12th</i> <i>Brenna</i>
		12:00-1:30pm HATHA (Level 2) <i>Nancy</i>				
					UPCOMING WORKSHOPS & RETREATS Yoga in San Carlos Mexico <i>Friday October 22nd</i> Prenatal Yoga with Brenna <i>Sept 12-Oct 31st (no class Sept 19th and Oct 10th)</i> Hornby Island Yoga Retreat <i>Sunday November 5th</i>	
5:45-6:45pm Pilates Mat <i>Begins Sept. 13th</i> <i>Pre-Registered 6 week series</i> <i>Mary Craig</i>	6:30-8:00pm HATHA (Level 2) <i>Nancy</i>	5:30-6:45pm YOGA FOR BACK CARE <i>Nancy</i>	5:45-7:00pm HATHA (All Levels) <i>New Class! Begins Sept. 16th</i> <i>Diana</i>			
7:00-8:30pm HATHA (All Levels) <i>Nancy</i>	8:15-9:30pm Yoga for Relaxation <i>New Class! Begins Sept. 14th</i> <i>Sylvia</i>	7:00-8:30pm Body Rolling Yoga <i>Micheline</i>	7:15-8:45pm HATHA FLOW <i>Nancy</i>	Yoga for You: One-on-one yoga assessment \$50 <i>(contact us for details)</i>		

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