



little mountain yoga

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

February 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				8:30-9:45am BODY ROLLING/ YOGA No classes on Feb 18 & 25th <i>Micheline</i>		STUDIO AVAILABLE TO RENT 604-928-3936
10:00-11:15am HATHA (All Levels) <i>Heidi</i>	9:30-11:00am HATHA (All Levels) <i>Nancy</i>		9:30-11:00am HATHA FLOW <i>Nancy</i>	10:00-11:15am YOGA CORE/ TENSEGRITY SERIES No classes on Feb 18 & 25th <i>Micheline</i>	10:00-11:15am HATHA (All Levels) Nancy: Feb 5 & 19 Kat: Feb 12 & 26 <i>Nancy/Kat</i>	9:30-10:45am YIN YOGA NEW CLASS (No class on Feb 27th) <i>Kari</i>
		12:00-1:30pm HATHA FLOW (Level 2) <i>Nancy</i>		12:00-1:15pm HATHA (All Levels) <i>Nancy</i>		11:45-1:00pm Prenatal Yoga No class Feb 27th <i>Brenna</i>
NEW STUDENT SPECIAL 2 weeks of unlimited yoga and body rolling for \$40 NOTE: Yoga classes are ongoing and open to drop-ins and pass-holders.				UPCOMING WORKSHOPS & RETREATS Yoga Nidra with Heather Eschuck Fri, Feb 18th 7:30-8:45pm \$30		
5:45-6:45pm Pilates Mat Drop-ins welcome (no class Feb 7th) <i>Mary Craig</i>	6:30-8:00pm HATHA FLOW (Level 2) <i>Nancy</i>	5:30-6:45pm YOGA FOR BACK CARE <i>Nancy</i>	5:30-6:45pm HATHA (All Levels) <i>Diana</i>			
7:00-8:30pm HATHA (All Levels) <i>Nancy</i>	8:15-9:30pm Yoga for Relaxation <i>Sylvia</i>	7:00-8:30pm BODY ROLLING/ YOGA <i>Micheline</i> BEGINNERS YOGA Feb 16 & 23 Pass-holders and Drop-ins welcome <i>Nancy</i>	7:15-8:30pm HATHA (All Levels) NEW CLASS AND TIME <i>Nancy</i>	Yoga for You: One-on-one yoga assessment \$50 <i>(contact us for details)</i>		

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