



body
harmony
yoga

YOGA

Drop-In Schedule

Effective February 2012*

Monday		
9:30 - 10:45 am	Mixed Levels Hatha Yoga Flow	Jennifer
11:00 - 12:00 pm	Mom & Baby Yoga (Session Ends March 26th. Class if full)	Lori
12:30 - 1:45 pm	Gentle Hatha Yoga Flow	Jenn O.
4:30 - 5:45 pm	Hatha Yoga Flow	Jenn O.
6:00 - 7:15 pm	Mixed Levels Hatha Yoga & Core Flow	Nathalie
7:30 - 8:45 pm	Hatha Yoga Flow <i>by Candlelight</i>	Nathalie
Tuesday		
9:15 - 10:30 am	Gentle Hatha Yoga Flow ***** New Time! *****	Adrienne
12:30 - 1:45 pm	Mixed Levels Hatha Yoga & Core Flow	Nara
4:30 - 5:45 pm	Yin Yoga	Jenn O.
6:00 - 7:15 pm	Mixed Levels Hatha Yoga Flow	Lori
7:30 - 8:45 pm	Pre Natal Hatha Yoga Flow	Lori
Wednesday		
9:30 - 10:45 am	Mixed Levels Hatha Yoga Flow	Jennifer J.
11:00 - 12:00 pm	Mom & Baby Yoga (Session Ends March 28th. Class is full)	Lori
12:30 - 1:45 pm	Gentle Hatha Yoga Flow	Leah
4:30 - 5:45 pm	Hatha Yoga Flow	Loretta
6:00 - 7:15 pm	Mixed Levels Hatha Yoga & Core Flow	Nicole
7:30 - 8:45 pm	Yin / Yang Yoga	Leeann
Thursday		
9:15 - 10:30 am	Gentle Hatha Yoga Flow ***** New Time! *****	Adrienne
12:30 - 1:45 pm	Beginner Hatha Yoga Flow	Loretta
4:30 - 5:45 pm	Mixed Levels Hatha Yoga & Core Flow	Rachel
6:00 - 7:15 pm	Yin Yoga	Lindsay
7:30 - 8:45 pm	Mixed Levels Hatha Yoga Flow <i>by Candlelight</i>	Nara
Friday		
9:30 - 10:45 am	Mixed Levels Hatha Yoga & Core Flow	Jennifer J.
12:30 - 1:45 pm	Hatha Yoga Flow	Loretta
4:30 - 5:45 pm	Hatha Yoga Flow	Siddhi
6:00 - 7:15 pm	Gentle Hatha	Siddhi
Saturday		
8:30 - 10:00 am	Mixed Levels Hatha Yoga & Core Flow	Jennifer J.
10:30 - 11:45 am	Hatha Yoga Flow	Lori
12:30 - 2:30 pm	Wellness Workshops (Feb. 18th. See back of schedule for info)	
3:00 - 4:15 pm	Gentle Hatha Yoga Flow	Leeann
4:30 - 5:45 pm	Mixed Levels Hatha Yoga Flow	Anne
Sunday		
8:35 - 8:50 am	FREE Meditation	Jenn O.
9:00 - 10:15 am	Gentle Hatha Yoga Flow	Jenn O.
10:30 - 11:45 am	Mixed Levels Hatha Yoga Flow	Nathalie
12:30 - 2:30 pm	Wellness Workshops (Feb. 5th, 12th & 19th. See back of schedule)	
3:00 - 4:15 pm	Restorative Yoga ***** New Class *****	Martine
4:30 - 5:45 pm	Hatha Yoga Flow	Martine

*Schedule is subject to change without notice. Please arrive 10 minutes prior to scheduled start time.
Check www.bodyharmony.ca for the most up to date drop in schedule. **Call or email to Pre Register for applicable classes.**

Membership Prices*

<u>Variety of Passes Available</u>	<u>Pass Price</u>
First Drop In Class	\$ 10.00
2 Weeks Unlimited Yoga for New Members	\$ 30.00
5 Class New Member Starter Pass / 2 Months Expiry	\$ 70.00
Drop In Class	\$ 17.00
10 Class Flexi Pass / One Year Expiry	\$160.00
1 Month Unlimited Flexi Pass	\$150.00
12 Month Unlimited Flexi Plan	\$90.00 / Month

Keep up the great work
Journey of Our Hearts Members!
Happy Heart Month

Pre-Registered Programs & Workshops

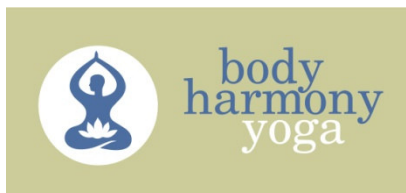
Yoga From the Core (Feb. 5th)	\$ 20.00
With Lori Charko (12:30 - 2:30 pm)	
Divine Feminine Power (Feb. 12th)	\$ 20.00
With Jen Owens (12:30 - 2:30 pm)	
Developing Your Home Practice (Feb. 18th)	\$ 20.00
With Lori Charko (12:30 - 2:30 pm)	
Restorative Yoga: Rejuvenate & Restore (Feb. 19th)	\$ 20.00
With Nara Henderson (12:30 - 2:30 pm)	

**HST Not Included. \$1 Yoga Mat Rental Per Class. All Passes are Nonrefundable and Nontransferable*

**10% Discount For Passes purchased on first day. Some restrictions apply.*

**10% Discount For Seniors, Students, Cypress Mountain Members, YABC Members.*

We accept Visa, MasterCard, Debit & Cash



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