



BreathingSpace

YOGA STUDIO

DARTMOUTH

446-YOGA (9642)

HOLIDAY SCHEDULE

	MONDAY December 21	TUESDAY December 22	WEDNESDAY December 23	THURSDAY December 24	FRIDAY December 25	SATURDAY December 26	SUNDAY December 27	
10 am	"Winter Wonderland" Kids Yoga (5 and up) Alana & Jill	Teen Yoga Alana	CLOSED Merry Christmas!				<i>Breathing Space New Year Celebration and class with Jenny, Sunday, Dec. 27th from 6-9 pm in the ballroom at The Chocolate Lake Hotel. All are welcome!</i>	
4 pm	Vinyasa Flow Jill	Vinyasa Flow Jill						
7 pm	Hot Yoga Alana	630 pm Intro to Yoga Week 5 Kim						
8 pm		Intro/Level 1 Heather						
	MONDAY December 28	TUESDAY December 29	WEDNESDAY December 30	THURSDAY December 31	FRIDAY January 1	SATURDAY January 2	SUNDAY January 3	
10 am				"It's been a great year!" Vinyasa Flow Alana	CLOSED Happy New Year!		"Let's Get this New Year's Resolution Started!" Power Vinyasa Level 1/2 Bev	
4 pm	Vinyasa Flow Jill						"Let's keep this Resolution Going!" Hot Yoga Jill	
7 pm	KARMA CLASS Ashtanga Influenced Jacqueline	630pm Intro to Yoga Week 6 Kim	Hot Yoga Alana					
8 pm		Intro/Level 1 Heather						

www.BreathingSpaceYogaStudio.ca