

# Breathing Space Halifax Schedule

Master Baptiste Instructor Coeli Marsh is back this August! 2 Master Baptiste Classes  
 Sat Aug 28, 3-5:00 & Tues Aug 31 ~ 5-7:00 (\$25). Hands on Assisting Workshop ~ Sun Aug 29 ~ 12-4:00 (\$75)  
 Alignment of Baptiste Flow ~ Mon Aug 30 ~ 4-7:00 (\$55). Call 406.9642 to pre register as this will sell out!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am		<b>Flow</b> (1 hour) Open Level Patti					
8:45am						<b>Hot Power Vinyasa</b> Open Level Sherry	
9:30am	<b>Relax and Renew</b> Open Level Sandy	<b>Flow</b> Open Level Sandra	<b>Flow</b> Open Level Sandy	<b>Flow</b> Open Level Sandra	<b>Relax and Renew</b> Open Level Sandy		
10:00am							<b>Power Flow</b> All Levels (open level) Michele
10:30am						<b>Prenatal*</b> (Aug 21) 8wks - \$90 Sherry	
11:00pm				<b>Keep Moving Yoga</b> (yoga for Seniors) Mary Ann 6 weeks/\$69 starts Sept 2			
12:10pm	<b>Hour of Power</b> Level 1-2 Sarah L.		<b>Hour of Power</b> (room heated) Stefanie		<b>Hour of Power</b> Level 1-2 (room heated) Sherry		
1:30pm	<b>Mom &amp; Baby Yoga</b> (Sept 13th) *8 weeks \$90 Barb					<b>Basics</b> Open Level Helen	
3:00pm							<b>Shake Your Asana</b> Open Level 90 minutes (room heated) Sherry
4:15pm			<b>Hot Power Vinyasa</b> Open Level Sherry		<b>Structural Alignment</b> (Iyengar inspired) Open Level Jillana (Sept. 10)		
5:00pm							<b>Long, Slow, Deep</b> (room heated) Open Level Byran
5:45pm	<b>Hot Power Vinyasa</b> Open Level Sherry		<b>Intro to Yoga*</b> Open Level (Sept 1) 6wks - \$69 Margot		<b>Hot Power Vinyasa</b> Open Level Christina		
6:00pm		<b>Hot Power Vinyasa</b> Open Level Holly		<b>Rock Your Core</b> Open Level (room heated) Christina			
7:00pm							<b>Karma Yoga Barbie</b> Sept 12 Suggested donation \$5
7:15pm	<b>Basics</b> Open Level Tracy		<b>Long, Slow, Deep</b> (room heated) Open Level Margot				
7:30pm		<b>Karma Yoga</b> (\$5 donation) Barbie Ends Sept 7		<b>Basics</b> Level 1 Barb			