

Breathing Space Tantallon Schedule

Take your yoga practice to new heights with our Canada Games Inspired Yoga Bootcamp. Tone your body and calm your mind with 5 mornings of invigorating and powerful yoga this February. Bootcamp begins on February 21, 2011 at 6:00 a.m.- 7:30 a.m. The cost is \$69.00 (plus HST) and pre-registration is required. Call today and Awaken the Extraordinary with our Yoga Bootcamp.

	Classes with a green background require pre-registration by calling 820-9642
	Classes with a blue background are drop-in classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am				Pilates 6 wks/\$54 Mar 3/10 Christine		Power Vinyasa Flow Jacynthe	
9:30am		Vinyasa Flow Amy	Hot Vinyasa Flow Amy				
10:30am						Intro to Yoga 6 wks/\$69 Feb 19/11 Amy	Core Yoga Amy
11:00am		Parent & Babe Up to 12 months 8wks/\$90 Helen (Mar 8/11)					
12:00pm						Yoga for Athletes Amy	
2:00pm						Yoga for Kids 4-8 years 4wks/\$44.00 45 mins (Feb 5/11) Amy	Family Yoga 1 hour Feb 13/11 (once monthly class)
3:00pm							Karma Yoga \$5 Donation Last Sunday of each month
6:30pm	Hot Vinyasa Flow Liz	Intro to Yoga 6 wks/\$69 Amy (Starts Jan 18/11)	Hot Vinyasa Flow Cailleagh	Intro to Yoga Level 2 6 wks/\$69 (Starts Jan 13/11)	Pre-natal 8wks/\$90 Mar 4/11 Tomomi		
8:00pm	Iyengar Influenced Paul	Ashtanga Influenced Bryan	Vinyasa Flow Cailleagh	Detox Flow Amy			