

Chester Harbour *Yoga* & Massage Therapy

July & August 2010

71 Duke St. Chester Nova Scotia 902-273-9642

Iyengar method yoga located right in Chester Village!

July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Canada Day	2	3
4 Yoga level II/III 10 – 12pm	5	6 Gentle Yoga 9:30 – 11 Yoga level II 6 – 7:30pm	7 Restorative Yoga 4 -5pm Foundation Yoga 5:30 – 7 pm	8 Yoga level I 9:30 – 11am	9	10
11 Yoga level II/III 10 – 12pm	12	13 Gentle Yoga 9:30 – 11 Yoga level II 6 – 7:30pm	14 Restorative Yoga 4 -5pm Foundation Yoga 5:30 – 7 pm	15 Yoga level I 9:30 – 11am	16	17
18 Yoga level II/III 10 – 12pm	19 PRANAYAMA Mon – Fri 7:30 – 8:30am \$65	20 Gentle Yoga 9:30 – 11 Yoga level II 6 – 7:30pm	21 Restorative Yoga 4 -5pm Foundation Yoga 5:30 – 7 pm	22 Yoga level I 9:30 – 11am	23	24
25 Yoga level II/III 10 – 12pm	26	27 Gentle Yoga 9:30 – 11 Yoga level II 6 – 7:30pm	28 Restorative Yoga 4 -5pm Foundation Yoga 5:30 – 7 pm	29 Yoga level I 9:30 – 11am	30	31

August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Civic Holiday	3	4	5	6	7
8 Yoga level II/III 10 – 12pm	9	10 Gentle Yoga 9:30 – 11 Yoga level II 6 – 7:30pm	11 Restorative Yoga 4 -5pm Foundation Yoga 5:30 – 7 pm	12 Yoga level I 9:30 – 11am	13	14
15 Yoga level II/III 10 – 12pm	16 FLOW YOGA Mon-Fri 7:30-8:30am \$65	17 Gentle Yoga 9:30 – 11 Yoga level II 6 – 7:30pm	18 Restorative Yoga 4 -5pm Foundation Yoga 5:30 – 7 pm	19 Yoga level I 9:30 – 11am	20	21
22 Yoga level II/III 10 – 12pm	23	24 Gentle Yoga 9:30 – 11 Yoga level II 6 – 7:30pm	25 Restorative Yoga 4 -5pm Foundation Yoga 5:30 – 7 pm	26 Yoga level I 9:30 – 11am	27	28
29 Yoga level II/III 10 – 12pm	30	31 Gentle Yoga 9:30 – 11 Yoga level II 6 – 7:30pm				

Tues Gentle Yoga: \$104; Tues level II: \$104; Restorative: \$91;
 Wed Beginner/Foundation: \$91; Thurs Beginner/level I: \$91; Sun II/III: \$120; Drop-In \$16
 Schedule and fees subject to change

www.thesadhanacenter.com