

Chester Harbour *Yoga* & Massage Therapy

July - August, 2011

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

www.thesadhanacenter.com

July 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Canada Day	2
3 Yoga level II/III 10 - 12	4	5 Gentle Yoga 9:30 - 11am Yoga level II 6 - 7:30pm	6 Special Needs Yoga 12:30 - 1:30pm Foundation Yoga 5:30 - 7 pm	7	8 Level I Yoga 9:30-11am	9
10 Yoga level II/III 10 - 12	11	12 Gentle Yoga 9:30 - 11am Yoga level II 6 - 7:30pm	13 Special Needs Yoga 12:30 - 1:30pm Foundation Yoga 5:30 - 7 pm	14	15 Level I Yoga 9:30-11am	16
17 Yoga level II/III 10 - 12	18	19 Gentle Yoga 9:30 - 11am Yoga level II 6 - 7:30pm	20 Special Needs Yoga 12:30 - 1:30pm Foundation Yoga 5:30 - 7 pm	21	22 Level I Yoga 9:30-11am	23
24 Yoga level II/III 10 - 12	25	26 Gentle Yoga 9:30 - 11am Yoga level II 6 - 7:30pm	27 Special Needs Yoga 12:30 - 1:30pm Foundation Yoga 5:30 - 7 pm	28	29 Level I Yoga 9:30-11am	30
31 No Class						

August 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 No Class	3 No Class	4	5 No Class	6
7 No Class	8	9 Gentle Yoga 9:30 - 11am Yoga level II 6 - 7:30pm	10 Special Needs Yoga 12:30 - 1:30pm Foundation Yoga 5:30 - 7 pm	11	12 Level I Yoga 9:30-11am	13
14 No Class	15	16 Gentle Yoga 9:30 - 11am Yoga level II 6 - 7:30pm	17 Special Needs Yoga 12:30 - 1:30pm Foundation Yoga 5:30 - 7 pm	18	19 Level I Yoga 9:30-11am	20
21 No Class	22	23 Gentle Yoga 9:30 - 11am Yoga level II 6 - 7:30pm	24 Special Needs Yoga 12:30 - 1:30pm Foundation Yoga 5:30 - 7 pm	25	26 Level I Yoga 9:30-11am	27
28 No Class	29	30 Gentle Yoga 9:30 - 11am Yoga level II 6 - 7:30pm	31 Special Needs Yoga 12:30 - 1:30pm Foundation Yoga 5:30 - 7 pm			

Gentle Yoga: \$120; Foundation: \$120 Level I: \$105
 Special Needs: \$138 Level II/III: \$69; Drop-In \$19

Schedule and fees subject to change, fees include 15%HST