


Lotus Yoga

at Wild Lilly Dance Studio B, 156 Duckworth Street

May and June

SUN	MON	TUES	WED	THURS	FRI	SAT
10:30-12noon Yoga Flow <i>David</i>	10:00-11:30am Beginner Yoga <i>LB</i>	6:00-7:00am Sunrise Yoga <i>Sarah</i>		6:00-7:00am Sunrise Yoga <i>Sarah</i>	10:30- 11:45am Gentle Seniors Yoga <i>Milena</i>	
	12:00-1:00pm Lunch Yoga <i>LB</i>	12:00-1:00pm Stress Buster <i>Dani</i>		12:00-1:00pm Lunch Yoga <i>LB</i>	12:00-1:00pm Total Relaxation <i>Milena</i>	
Email: info@thelotuscentre.ca Phone: 739-4429		5:30-6:30 Musician's Yoga <i>Dani</i>	7:00-8:00pm Power Yoga <i>Kirsten</i>	8:45-10:00pm Partner Yoga <i>LB and Deanne</i>		4:00-5:30pm Aikido Flow <i>Luigi</i>
			8:15-9:45pm Dance Yoga <i>LB</i>			
1hr classes: \$8.00 drop in, \$60.00 8 class pass 1.5hr classes: \$10.00 drop in, \$70.00 8 class pass Lunch Yoga: Pay what you can Aikido Yoga: \$5.00 Purchase an 8 class pass and receive a free class with another Lotus yoga instructor. Make up classes included.						

*Soon to be certified Lotus Yoga instructors are excited to offer a variety of yoga classes designed to expand your mind, body and spirit.
Explore. Rejuvenate. Empower. Relax.*