



Heart Centre Yoga

3982 Hastings Street, Burnaby BC V5C 6C1

(604) 294-4954

www.heartcentreyoga.ca

SCHEDULE – EFFECTIVE SUNDAY June 27, 2010

SUN	MON	TUES	WED	THURS	FRI	SAT
9:30-10:45 Hatha-all levels Shannon	9:30-10:45 Hatha-all levels Shannon	*NEW 7:00–8:00 Dynamic Flow-all levels Angela	9:30-10:45 Hatha-all levels Ariel		9:30-10:45 Hatha-all levels Ariel	9:30-10:45 Anusara Inspired-all levels Angela
11:15-12:30 Prenatal Shannon	11:15-12:15 Mom & Baby 4 class series starts June 28, 2010 Shannon	11:15-12:30 Gentle Hatha Angela		11:15-12:30 Gentle/Therapeutic Debbie		11:15-12:30 Yoga Foundations-Beginner Angela
	4:30–5:30 Yoga for Teen Girls (ages 12-17) Joanna					
*NEW 7:00-7:45 Meditation Prabhat (by donation \$5 suggested)	6:15-7:45 Flow Yoga-Intermediate level Andrew	6:15-7:30 Hatha-all levels Debbie	6:15-7:30 Yoga Foundations Beginners Shannon	6:15-7:30 Anusara Inspired-all levels Angela	7:00-8:00 Karma Yoga JULY ONLY (by donation \$5 suggested)	
8:00 – 9:15 Restorative Yoga Angela/Debbie	8:00-9:15 Hatha-all levels Andrew	8:00-9:15 Yin Yoga Debbie	8:00-9:15 Hatha-all levels Shannon	8:00-9:15 Yin Yoga Debbie		

***Mom & Baby yoga:** This will be a 4 week pre-registered class beginning Monday June 28, 2010. Price is \$52.00 plus applicable taxes. Contact studio to register (604) 294-4954 or email reneewilliams@shaw.ca

***NEW Dynamic Flow:** Start your morning off with an energetic, strengthening, fun and heat-generating, practice. You will leave feeling uplifted, peaceful and inspired.

***NEW Meditation:** So many of you have asked for this! Learn to calm your mind with an exploration of various meditation techniques (no asana practice). This class is by donation only (suggested \$5)

***Karma Yoga:** We've brought it back for JULY ONLY: various teachers, various styles of yoga. By donation (suggested \$5) Proceeds to Shanti Uganda www.shantiuganda.org

Other NOTES: **Prenatal yoga** is on Sundays **only** at 11:15 a.m. (no longer on Wednesday). Wednesday 6:15 p.m. is a "Foundations" yoga for beginners/practice reinforcement. Thursday night 8 p.m. is now Yin yoga only, Saturday 9:30 is **all-levels** Anusara inspired (vs. intermediate level).