

Heart Centre Yoga
 3982 Hastings Street, Burnaby BC V5C 6C1
 (604) 294-4954
www.heartcentreyoga.ca

SCHEDULE – January 2, 2012

SUN	MON	TUES	WED	THURS	FRI	SAT
9:30-10:45 Hatha <i>Shannon/Sabrina</i> Level 1-2			9:30-10:45 Hatha <i>Ariel</i> Level 1-2		9:30-10:45 Hatha <i>Ariel</i> Level 1-2	9:30-10:45 Anusara Inspired <i>Angela/Martina</i> Level 2-3
11:15-12:30 Tone your Core <i>Shannon/Sabrina</i> Level 2	11:45-12:45 Mom & Baby 5 class series pre-registered <i>Shannon</i> <i>*note new time!</i>	11:15-12:30 Gentle Hatha <i>Debbie/Shannon</i> <i>Slow and Gentle</i>		11:15-12:30 Gentle/Therapeutic <i>Debbie</i> Slow and Gentle		11:15-12:30 Intro to Hatha (Suitable for gentle) <i>Sabrina</i> Level 1
			4:30 – 5:30 Yoga for Teens (13-17 years) <i>Joanna</i> Level 1-2			
	6:15-7:30 Flow Yoga <i>Andrew</i> Level 3	6:15-7:30 Purna Yoga for beginners or new to Purna yoga <i>Brad</i> Level 1-2	6:15-7:30 Prenatal Yoga <i>Shannon</i> Level 1	6:15-7:30 Anusara-Inspired <i>Angela</i> Level 2-3	6:30-7:30 Karma Yoga (by donation \$5 suggested) <i>Debbie</i> Level 1-2	
8:00 – 9:15 Restorative Yoga <i>Debbie</i> <i>Slow and Gentle</i>	8:00-9:15 Hatha <i>Andrew</i> Level 1-2	8:00-9:15 Yin Yoga <i>Debbie</i> Level 1	8:00-9:15 Flow yoga <i>Ariel</i> Level 2-3	<i>8:00-9:15</i> Intro to Hatha Yoga (Suitable for gentle) <i>Angela</i> Level 1		

Questions? Contact info@heartcentreyoga.ca