

# Yoga Schedule

Winter Jan – Mar 2020

Updated Jan 29, 2020

For exceptions/updates visit: [www.heaven-onearth.ca/yoga-classes](http://www.heaven-onearth.ca/yoga-classes)

Time	Tuesday	Wednesday	Thursday	Friday	Sunday
<b>Morning Classes</b>					
9:00-9:30	<b>Hatha Basics</b> for beginners and up			<b>Functional Yoga*</b> Fitness and/or yoga experience required	<b>Functional Yoga*</b> Fitness and/or yoga experience required
9:30-10:00					
10:00-10:30					
10:30-11:00					
<b>Evening Classes</b>					
6:00-6:30			<b>Gentle Flow &amp; Rest Yoga*</b> a gentle class for all levels		
6:30-7:00					
7:00-7:30					
7:30-8:00		<b>Hatha Basics</b> for beginners and up	<b>Yin Yoga</b> for new beginners & all levels		
8:00-8:30					

\* Functional Yoga (Fri and Sun) and Gentle Flow & Rest Yoga (Thu) classes allow maximum 8 per class - preregistration required.

Yoga Fees						
Age	60-Minute Single Class	60-Minute 6-Class Pack	90-Minute Single Class	90-Minute 6-Class Pack	Functional Yoga Single Class	Functional Yoga 6-Class Pack
Adults	\$18	\$90	\$20	\$100	1hr \$25 / 1.5hr \$30 space permitting	60-Min \$110
Students	\$16	\$80	\$18	\$90		90-Min \$120

Terms & Conditions: 6-Class Packages must be used within 8 weeks. You may attend and make-up classes in other time slots during your 8-week period. In the event that the 8 weeks has passed and you have classes remaining; your package will not be lost; instead it will be switched to Single Drop-In classes according to above rates. 1-Month Unlimited Classes Package: freezing is not permitted. There is no commitment required for additional months. No transfers/refunds. | Schedule/fees may be subject to change.

**Live your best life. Do yoga.**

Heaven on Earth & Integrated Health – Osteopathy Yoga Wellness, 188 Green Mountain Rd E, Stoney Creek, ON L8J 3A4

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