

Yogaforsorebodies.ca – Class Schedule | Joanne Pineau, HBSoc., C-IAYT

Register by contacting Joanne (jpineau29@gmail.com) or call 705-888-9686

Class Description	Monday	Tuesday	Wednesday	Thursday	Friday
YOGA SADHANA – 5 CONSECUTIVE DAYS OF YOGA Registration is for 5 classes. Contact Joanne now to register. <i>Limit of 6.</i>	September 5 7:30am-9:00am Home Studio Alice St. Thornbury	September 6 7:30am-9:00am Home Studio Alice St. Thornbury	September 7 7:30am-9:00am Home Studio Alice St. Thornbury	September 8 7:30am-9:00am Home Studio Alice St. Thornbury	September 9 7:30am-9:00am Home Studio Alice St. Thornbury
Weekly Yoga for Sore Bodies 166 Russell St. Clarksburg St. Georges Anglican Church Parish Hall.	MONDAYS 10:00am-11:30am NO CLASS OCTOBER 24.	Ongoing classes for sore bodies. Start anytime. Please register for a package of 4 to 6 classes. These are 90-minute classes. Bring your own mat and a large blanket. No drop-in.			
Weekly Specialty Classes – Start Sept. 23, 2022 Home Yoga Studio, Thornbury Limit of 6 <ul style="list-style-type: none"> September 23 to October 28: Upper Back, Neck & Shoulders. 6 classes \$153 October November 4 to December 9: Low Back & Hips. 6 classes \$153 December 16 and 23rd: Restorative Yoga for relaxation. 2 classes \$51 					FRIDAYS 10:00- 11:30am Pre-register for a series.
Two Hours of Bliss: Quiet the Mind & Relax the Body- Home Yoga Studio, Thornbury <i>Limit of 6</i> DATES: October 14, November 18, December 2, December 9, December 16 Register for one or more sessions. \$35/session					FRIDAYS 6:00PM-8:00PM Once/month except in December