



Yoga Calendar

JAN '19

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
	1	2	3	4	5	6
7	8 6:30 pm @Charities House with Beth	9	10	11	12 11:00 am @Charities House with Beth	13
14	15 6:30 pm @Charities House with Beth	16	17	18	19 11:00 am @Charities House with Beth	20
21	22 6:30 pm @Charities House with Beth	23	24	25	26 11:00 am @Charities House with Beth	27
28	29 6:30 pm @Charities House with Beth	30	31			

CLASSES ARE HELD AT OUR LOCATION:

- Charities House, 25 Point Finger Road, Paget
 - Ground Floor - down the right hallway, second door on the right.
- All levels of experience WELCOME!
- If you have a mat bring it – those who don't, we have spare mats.
- Drop in rate - **\$20.00** Or Block of 10 classes, no expiry date - **\$160.00** (\$40.00 Savings!)
- You can now purchase classes on-line – Follow the links in the email or call 295-5100 for payment details.

Please feel free contact me if you have any questions. Private sessions available.

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