

Summer 2010 Yoga Schedule

June through August

Day	Time	Style	Level	Teacher	Experienced Required?
Monday	6 - 7:15p	Kripalu	Moderate/Mindful	Charlene	preferred
Tuesday	10 - 11:15a	Flow	50 yrs+/moderate	Bethany	none
Wednesday	10:15 - 11:15a	Vinyasa Flow - Kripalu	Vigorous/Mindful	Charlene	preferred
	6 - 7:15p	Introductory	Beginner	Bethany	none
Thursday	5:15 - 6:15p	Kripalu	Moderate/Mindful	Charlene	none
Friday	9:30 - 10:45a	Anusara	Moderate	Leanne	preferred
Saturday	10:30 - 11:45	Introductory	Beginner	Charlene/Leanne	none

Prices (all subject to HST):

Monthly Unlimited*	\$65	<i>*Unlimited passes allow students to come as much as they can.</i>
20-punch	\$200	<i>Monthly unlimited passes start the first day of the month and end the last day of the month. Good for all regular drop-in classes only.</i>
10-punch	\$110	<i>Workshops and some introductory classes are excluded from this offer.</i>
5-punch	\$60	
Single drop-in	\$15	
First Week Unlimited	\$20	



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