



Rising Sun Yoga

Spring 2010

Almonte

view our latest schedule at
www.risingsunyoga.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Late Joiners and drop-ins are welcome in most classes. Please call or email to reserve your spot.</p>				<p>10:30-12:00 am + optional 30 mins personal development Akhanda Yoga for Healing & Stress Relief with Barb (1 Apr-27 May) no class 29 Apr</p>	<p>9am-12 pm Private yoga classes and one-on-one coaching with Barb</p>
			<p>12-1pm Kundalini Core Strength with Mary (24 Mar-9 Jun)</p>		
<p>Registration: Sundays are \$99/9 weeks Monday & Wednesday Kundalini are \$132/12 weeks. Wednesday Gentle and Friday Power are \$121/11 weeks Thursday Power/Yin is \$132/12 weeks. Healing Yoga Workshop: 8 weeks, \$160 - includes book and audio Drop-in fee is \$13/class</p>			<p>1:15-2:30 pm Akhanda Gentle Beginner's with Barb (24 Mar-16 Jun) no class Apr 28</p>	<p>1-3 pm Private yoga classes and one-on-one coaching with Barb</p>	<p>2-3:15pm Power Yoga with Barb (26 Mar-18 Jun) no class 2 Apr & Apr 30</p>
<p>6:00-7:15pm Akhanda Yin Yoga with Barb (28 Mar-13 Jun) no class 4 Apr, 9 May & 23 May</p>	<p>5:45-6:45pm Kundalini Core Strength with Mary (22 Mar-21 Jun) no class 5 Apr & 24 May</p>			<p>6-7:15pm 1/2 Akhanda Power + 1/2 Akhanda Yin with Barb (25 Mar- 17 Jun) no class 29 Apr</p>	

Barb Pierce at 613.256.7862, 613.220.1173 or coachinghorizons@sympatico.ca
 Mary Biggs at 613.256.4993 or marybiggs@sympatico.ca

