

Come Join Us for a Class

Winter 2018

January 1 — March 31



Wellness. Health. Balance.

View our latest schedule at www.risingsunyoga.ca

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	STUDIO EVENTS
<p>12:00 – 1:00 pm Pilates Lynne</p> <p>5:45 – 7:00 pm Kundalini Yoga Mary</p>	<p>10:00 – 11:15 am Gentle Hatha Yoga Jen</p> <p>1:00 – 2:30 pm Restorative Yoga Amber</p>	<p>9:30 – 11:00 am Mom & Baby Yoga (Sign Up Required) Marlys</p> <p>12:00 – 1:15 pm Kundalini Yoga Marlys</p> <p>5:45 – 7:00 pm Prenatal Yoga (Sign Up Required) Marlys</p> <p>7:15 – 8:30 pm Hatha Yoga Kat</p>	<p>10:00 – 11:15 am Hatha Yoga Jen</p> <p>2:00 – 3:15 pm Gentle Yoga Margie</p> <p>5:45 – 7:00 pm Yin Yoga Amelia</p>	<p>9:30 – 10:45 am Kundalini Yoga Teacher Rotation</p>	<p>9:00 – 10:15 am Kundalini Yoga Amber</p>	<p>Follow us on Facebook and see our Webpage for upcoming events!</p> <p>Contact Studio at (613) 451-2891 For more information</p>

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