

Yoga For Every Body

Summer 2018

July 1—August 31



Wellness. Health. Balance.

View our latest schedule at www.risingsunyoga.ca

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	STUDIO EVENTS
<p><u>5:45 – 7:00 pm</u> <i>Kundalini Yoga</i> Mary</p>	<p><u>10:00 – 11:15 am</u> <i>Gentle Hatha Yoga</i> Jen</p> <p><u>1:00 – 2:30 pm</u> <i>Restorative Yoga</i> Amber</p>	<p><u>6:30—7:30 am</u> <i>Rise and Shine Yoga</i> Amber</p> <p><u>5:45 – 7:00 pm</u> <i>Prenatal Yoga</i> (July only) (Sign Up Required) Marlys</p>	<p><u>10:00 – 11:15 am</u> <i>Hatha Yoga</i> Jen</p> <p><u>2:00 – 3:15 pm</u> <i>Gentle Yoga</i> Margie</p> <p><u>5:45 – 7:00 pm</u> <i>Yin Yoga</i> Margie</p>	<p><u>9:30 – 11:00 am</u> <i>Kundalini Yoga</i> Teacher Rotation</p>	<p><u>9:00 – 10:15 am</u> <i>Kundalini Yoga</i> Amber</p>	<p>Follow us on Facebook @almonterisingsunyoga and check out our webpage for upcoming events and new classes!</p> <p>Contact our Studio at (613) 451-2891 For more information</p>