

Welcome to a space of peace and calm, we are so glad you are here



Rising Sun Yoga

Fall 2018

Sept 4 – Dec 22

Wellness. Health. Balance.

View our latest schedule at www.risingsunyoga.ca

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Sunday
<p><u>12:00 – 1:00pm</u> Pilates (Core Strengthening) Lynne</p> <p><u>5:45 – 7:00 pm</u> Kundalini Yoga Mary</p>	<p><u>10:00 – 11:15 am</u> Gentle Hatha Yoga Jen</p> <p><u>1:00 – 2:30 pm</u> Restorative Yoga Amber</p> <p><u>7:30–8:45 pm</u> Hatha Mixer Lindsey</p>	<p><u>6:30–7:30 am</u> Rise and Shine Yoga Amber</p> <p><u>12:00 – 1:15 pm</u> Kundalini Yoga Lynne</p> <p><u>7:15 – 8:30 pm</u> Hatha Yoga Kat</p>	<p><u>10:00 – 11:15 am</u> Hatha Yoga Jen</p> <p><u>1:30 – 2:45 pm</u> Gentle Yoga Margie / Amelia</p> <p><u>5:45 – 7:00 pm</u> Yin Yoga Amelia / Margie</p>	<p><u>9:30 – 11:00 am</u> Kundalini Yoga Teacher Rotation</p>	<p><u>9:00 – 10:15 am</u> Kundalini Yoga Amber</p>	<p><u>8:30 – 9:30 am</u> Slow Flow Ashley</p> <p>Stay tuned</p> <p>In early November we'll be hosting a day of gratitude to you our students!</p> <p>Complimentary yoga classes, tea and goodies, and we will introduce our new studio name!</p> <p>Starting in late October/early November: Our diverse group of teachers will be offering different mini series to help support you on your yogic path for improved health and wellness.</p> <p>Please check our facebook page and website for more details and dates.</p>