

Yoga Wellness

The Therapeutic Choice

#10, 8925 - 82 Ave.

Winter 2012

Jan 16th to April 5th

Monday

10-11:30am (Therapeutic)
5:30-7pm (MS & Other Neuro)
7:15-8:45pm (Plus Size)

Tuesday

6:30-8pm (Fitness)

Wednesday

5:30-7pm (Therapeutic)
7:15-8:45pm (Therapeutic)

Thursday

10-11:30am (Therapeutic)
6:30-8pm (Fitness)

Saturday

10-11:30am (Fitness)
11:45-1:15pm (Plus Size)

10 DAYS OF FITNESS

Jan 2nd to 13th \$147
6:30 - 8p.m.

Mon & Sat 10 weeks \$147
Tues, Wed, Thurs 11 weeks \$162

No Classes:

Monday February 20th
Week of Feb 27th to March 3rd

Register at www.yogawellness.ca
or call EdieCassady, RYT. at 466-6548