



Fall Schedule Yoga Journey 2019

	Start	End	Level
Monday	9:30 AM	11:00 AM	Level I
	5:30 PM	7:00 PM	Mixed Levels
	7:15 PM	8:45 PM	Restorative/Pranayama
Tuesday	9:30 AM	11:00 AM	Mixed Levels
	11:15 AM	12:30 PM	Yoga Basics
	6:30 PM	8:00 PM	Level II
Wednesday	6:30 AM	8:30 AM	Independent Practice
	Last Wednesday of the month 7:00 PM.	9:00 PM	Monthly Sutra Study & chanting
Thursday	9:30 AM	11:00 AM	Level I
	11:15 AM	12:30 PM	Yoga Basics
	6:30 PM	8:00 PM	Mixed Levels
Friday	9:30 AM	11:00 AM	Level II/III
	Last Friday of the month 11:15 AM	1:15 PM	MONTHLY Teachers' Meeting
	1:30 PM	3:00 PM	Ropes
	4:30 PM	6:00 PM	Yoga for Sports
Saturday	8:30 AM	10:00 AM	Mixed Levels
Sunday	9:30 AM	11:00 AM	Mixed Levels
	1:00 PM	4:00 PM	MONTHLY WORKSHOPS

CONTACT INFORMATION:

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Please check the online schedule for the most up-to-date information: www.yogajourney.ca