




HAMSA YOGA *October* SCHEDULE 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30-10:30 STRETCH + UNWIND* Erin	9:30-10:30 GENTLE* Carly	9:30-10:30 MOVEMENT + MOBILITY* Tracy	9:30-10:30 STRETCH + UNWIND* Andrea	9-10 or 10-11 SEMI-PRIVATE LESSON ** Carly	9:00-10:00 WARM FLOW Carly	9:00-10:00 SLOW FLOW - WARM* Carey
11-12 or 12-1 SEMI-PRIVATE LESSON ** Tiffany	1:00-2:15 CUSTOMIZED YOGA SERIES Tracy (Oct 6-27)	11:00-12:00 BABY + ME SERIES Amanda (Oct 14-Nov 4)		12:00-1:00 GENTLE* Wendy		12:00-1:00 STRETCH + UNWIND* Taucha
6:00-7:00 SIMPLY YOGA* Tiffany	6:00-7:00 WARM FLOW Andrea	6:00-7:00 FLOW Amanda	6:00-7:00 WARM FLOW Carly			7:30-8:30 MINDFULNESS SERIES Carey (Sep 13 - Oct 25)
7:30-8:15 YIN + MEDITATE* Carey	7:30-8:30 RELAX + RESTORE* Andrea	7:30-8:30 STRETCH + UNWIND* Amanda	7:30-8:30 PRENATAL SERIES Carly	 = online/virtual class  = studio class		
7:30-8:30 BEGINNER SERIES Tiffany (Sep 14-Oct 19)		7:30-8:30 BEGINNER SERIES Carly (Oct 7-Nov 11)	 HAMSA YOGA	Schedule valid for Oct 1-31, 2020 *Suitable for beginners Schedule subject to changes ** Semi-private yoga available = up to 4 people See our series, workshops online: hamsayogastudio.ca		