



McTAVISH ACADEMY OF ART

YOGA & MINDFULNESS DROP IN SCHEDULE

MONDAY			THURSDAY		
9:00 – 10:15am	Yin / Yang	Marie	9:30 – 10:45am	Strength & Balance	Lee Anne
5:30 – 6:30pm	Power Core (all levels)	Adrian	6:00 – 7:00pm	Restorative	Erin
7:30 – 8:30pm	Men's Yoga	Adrian	FRIDAY		
TUESDAY			7:00 – 8:00pm	Mindfulness Meditation Oct 12 – Nov 30	Don
9:30 – 10:45am	Strength & Balance	Lee Anne	7:30 – 8:30pm	Yoga NIDRA by donation First Friday of every month ONLY	Maria
3:45 – 4:45pm	Mom & Babe	Alyssa	SATURDAY		
5:00 – 6:00pm	Pre-Natal	Alyssa	9:30 – 10:45am	Yoga 101	Maria
6:15 – 7:15pm	Hatha (all levels)	Alyssa	SUNDAY		
7:30 – 8:30pm	Beginners Yoga	Alyssa	10:00 – 11:30am	Slow Flow	Jackie
WEDNESDAY			For more information, workshop details, pricing and privately registered classes visit mctavishacademy.ca		
6:00 – 7:00pm	Vinyasa Flow	Maria			
7:15 – 8:30pm	Yin	Marie			