



McTAVISH ACADEMY OF ART

YOGA & MINDFULNESS DROP IN SCHEDULE

MONDAY

9:00 – 10:15am	Yin / Yang	Marie
5:30 – 6:30pm	Power Core (all levels)	Adrian
7:30 – 8:30pm	Men's Yoga	Adrian

TUESDAY

9:30 – 10:45am	Strength & Balance	Lee Anne
4:15 - 5:15pm	Mom & Babe	Alyssa
6:00 - 7:00pm	Hatha (all levels)	Alyssa
7:15 - 8:15pm	Pre-Natal	Alyssa

WEDNESDAY

6:00 – 7:00pm	Vinyasa Flow	Maria
7:15 – 8:30pm	Yin	Marie

THURSDAY

9:30 – 10:45am	Strength & Balance	Lee Anne
11:30am - 12:30pm	Spring Forest Qigong <small>Starts Jan 10th</small>	Kathy
6:00 – 7:00pm	Restorative	Erin
7:30 - 8:30pm	Beginners Yoga	Maria

FRIDAY

7:00 – 8:00pm	Mindfulness Meditation <small>Starts Jan 18th</small>	Don
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SATURDAY

9:30 – 10:45am	Yoga 101	
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SUNDAY

10:00 - 11:15am	Slow Flow	Jackie
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For more information, workshop details, pricing and privately registered classes visit mctavishacademy.ca