



McTAVISH ACADEMY OF ART

# YOGA & MINDFULNESS DROP IN SCHEDULE

MONDAY			THURSDAY		
5:30 – 6:30pm	Power Core (all levels)	Adrian	9:30 – 10:45am	Strength & Balance	Lee Anne
7:30 – 8:30pm	Men's Yoga	Adrian	11:30am - 12:30pm	Spring Forest Qigong <small>Runs to Feb 28th</small>	Kathy
TUESDAY			6:00 – 7:00pm	Restorative	Erin
9:30 – 10:45am	Strength & Balance	Lee Anne	7:30 - 8:30pm	Beginners Yoga	Maria
4:15 - 5:15pm	Mom & Babe	Alyssa	FRIDAY		
6:00 - 7:00pm	Hatha (all levels)	Alyssa	7:00 – 8:00pm	Mindfulness Meditation <small>Runs to March 8th</small>	Don
7:15 - 8:15pm	Pre-Natal	Alyssa	SATURDAY		
WEDNESDAY			9:30 – 10:45am	Yoga 101	Bhumika
9:00 - 10:00am	Hatha <small>Starts Feb 6th</small>	Erica	SUNDAY		
6:00 – 7:00pm	Vinyasa Flow	Maria	10:00 - 11:15am	Slow Flow	Jackie
7:15 – 8:30pm	Yin	Marie			

For more information, workshop details, pricing and privately registered classes visit [mctavishacademy.ca](http://mctavishacademy.ca)