

Brookside Wellness Centre, Brookside Mall @brooksidewellnesscentre

◀ August	~ September 2018 ~					October ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 11am-12pm, Beth W Gentle Flow Yoga Pop Up Class, \$10
2	3 LABOUR DAY	4 6pm-730pm, Cynthia Yin Yoga	5 7-8pm, Denise Slow Flow Yoga FREE	6 1215-1245pm, Shiona Meditation @ Noon	7	8 9am-1030am, Cynthia Flow & Let Go 11-12pm, Beth W Gentle Flow Yoga
9	10 5:30-6:30 pm, Beth O. Introduction to Yoga *PR 7pm – 8pm, Beth O. Introduction to Yoga *PR	11 6pm-730pm, Cynthia Yin Yoga	12 7-8pm, Denise Slow Flow Yoga *PR	13	14	15 9am-1030am, Cynthia Flow & Let Go 11am-12pm, Beth W Kids Yoga
16	17 5:30-6:30 pm, Beth O. Introduction to Yoga *PR 7pm – 8pm, Beth O. Introduction to Yoga *PR	18 6pm-730pm, Cynthia Yin Yoga	19 7-8pm, Denise Slow Flow Yoga *PR	20 1215-1245pm, Shiona Meditation @ Noon 7pm-830pm, Shiona Mindfulness Orientation *PR	21	22 9am-1030am, Cynthia Flow & Let Go 11-12pm, Beth W Gentle Flow Yoga
23	24 5:30-6:30 pm, Beth O. Introduction to Yoga *PR 7pm – 8pm, Beth O. Introduction to Yoga *PR	25 6pm-730pm, Cynthia Yin Yoga	26 7-8pm, Denise Slow Flow Yoga *PR	27 1215-1245pm, Shiona Meditation @ Noon	28	29 2p-4pm, Brigitte Yoga for Scoliosis Workshop 4pm-5pm, Brigitte Got your back Yoga
30	Notes: *PR= Pre register with instructor; Rates:\$15 drop in; \$12 student/senior; 5 class punch cards avail; Denise- deneneyoga@gmail.com; Beth O- bethyoga4@gmail.com; Beth W. – bethwhalenyoga@gmail.com; Brigitte – creative.flow@yahoo.ca; Shiona – mindfulnessandyourhealth@gmail.com; Cynthia – samking@nb.sympatico.ca					