



October Schedule

Studio will be CLOSED October 7-9th for Thanksgiving

ATYA YOGA STUDIO

Our members are people of all ages, shapes, sizes, and abilities and our classes are accessible and affordable to every body!

We supply mats and all the necessary props for every body at any stage in life. Full Time Students get 50% off!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
DROP IN CLASSES ARE HIGHLIGHTED IN PURPLE & COMMITTED IN GREEN & WORKSHOPS IN GREY					
	6:15-7:15am Mixed Level Hatha w/ Ciel				SATURDAY 9:00-10:15am Beginner Flow w/Tricia or Angie
10:00-11:15am Mixed Level Hatha w/ Angie		10:00-11:15am Gentle Iyengar w/ Katalin	10:00-11:15am Warm Yin Yoga w/ Angie		SUNDAY 10:30-11:45am Warm Power Flow w/ Ciel
12:10-12:50 Yin Lunch w/ Angie	12:10-12:50 Lunch Flow w/ Tricia	12:10-12:50 Yoga Nidra w/ Tricia	12:10-12:50 Lunch Flow w/ Angie	12:10-12:50 Lunch Flow w/ Marcy	
		Oct. 4, 11, 18, 25 1:00-2:30pm Tension Release Exercises (TRE) w/ Bryn & Barbara Register Now	Starts Oct 5 3:30-4:00pm Kids Yoga w/ Brie Register Now		
5:45-7:00pm Warm Power Flow w/ Marcy		5:45-7:00pm Intro to Vinyasa Flow w/ Brie		Starts Oct 6 4:00-5:15pm Insight Yoga w/ Ciel Register Now	
8:00-9:00pm Happy Hips w/ Angie	NEW 8:00-9:00pm Happy Shoulders w/ Brie	8:00-9:00pm Happy Backs w/ Angie			

For more information please visit us on line at www.satyayogastudio.ca or email us at info@satyayogastudio.ca or phone 778-412-9020.. We supply the equipment. All you need is a flexible mind 😊

Brand New to our Studio?

Try One Month of Unlimited Classes for \$35

DROP IN

PUNCH CARDS

MONTHLY

WORKSHOPS

PRIVATE

GIFT CERTIFICATES