



# January Schedule

# 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! & Seniors get 10% 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 Therapeutic Yoga w/ Hana	Starts Jan 10th 10:00-11:15am Gentle Iyengar w/ Katalin	10:00-11:15am Warm Yin Yoga w/ Angie		Starts Jan 13th SATURDAY 10:45-11:45am 40 Day Challenge 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/ Angie	SUNDAY 10:30-11:45am Warm Power Flow w/ Ciel or Steph
		Starts Jan 10th Kids Yoga 3:30-4:15pm w/ Brie			
Jan 22nd Men's Yoga Info Session 5:45-7:00pm w/ Jesse FREE					
Starts Jan 29 5:45-7:00pm Men's Yoga w/ Jesse	NEW 5:45-7:00pm Teen Yoga w/ Brie	5:45-7:00pm Vinyasa Flow w/ Brie	5:45-7:00pm Vinyasa Flow w/ Steph		
8:00-9:00pm Happy Hips w/ Angie	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.satya-yoga-studio.ca](http://www.satya-yoga-studio.ca) or email us at [info@satya-yoga-studio.ca](mailto:info@satya-yoga-studio.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