

Autumn Schedule 2022

	Time	Class	Studio	Teacher
Mon	9-10:15 am 10-11:30 am 6-7:30 pm 8-9:15 pm	Gentle Slow Flow Yoga Hatha Iyengar* Therapeutic Yoga-Tensegrity* Kundalini*	Zoom Moon Moon Moon	Japa Nicola Lyne Elin
Tue	8-9:15 am 9:30-10:45 am 5:15-6:15 pm 6:30-7:30 pm	Kundalini* Energizing Yoga Tai Chi* Reset Renew Yin Yoga	Moon Moon Moon Moon	Elin Hasu Jean Michelle
Wed	9-10:15 am 5:15-6:15 pm 6:30-7:45 pm 7-8:15 pm	Hatha Flow Yoga Tai Chi Beginner* Restorative Yoga SoulStir Yoga	Moon & Zoom Moon Zoom Moon	Roxanne Jean Japa Ananda
Thu	9:30-10:45 am 11 am-12:15 pm 5-6 pm 7-9 pm	Back Care & Breathwork* Energizing Yoga Breathing* Meditation*	Moon Moon Moon Moon	Lyne Marina Nicola Melissa
Fri	9-10:15 am 6-7 pm	Therapeutic Yoga Karma CommUnity Yoga	Moon & Zoom Moon	Melissa Various
Sat	8:30-9:45 am 10-11:15 am 11:30am-12:30pm	Hatha Flow Yoga Wake Up Yoga Tai Chi*	Moon Moon & Zoom Moon	Aditi Japa Jean
Sun	9-10:15 am 10:30 am-12 pm 6-7 pm 7:30-8:30 pm	Wake Up Yoga Hatha Iyengar* Yoga Nidra Kirtan*	Moon Moon Moon & Facebook Moon	Monika Nicola Roxanne Lillamaya



A CENTRE
FOR
WELLNESS

In the Heart of
Roberts Creek

- For Every Body
- For Every Age

Yoga Therapy
Yoga Nidra
Meditation

Yoga
Hatha
Restorative
Yin
Iyengar
Tai Chi

Classes
Workshops
Retreats
Teacher Training
Sacred Music

*Special Registered Series Classes. See website for registration details: <https://yogabythesea.ca/classes/preregistered/>

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