



Dartmouth Schedule

114 Woodlawn Rd
www.shantihotyoga.ca

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	Morning Flow (60)		Morning Flow (60)		Morning Flow (60)		
8:30AM						All Levels (60)	Vinyasa (60)
9:30AM	Vinyasa (60)	All Levels (60)	All Levels (60)	All Levels (60)	Vinyasa (60)		
10:00AM						Vinyasa 2 (90)	All Levels (60)
12:00PM	All Levels (60)	Vinyasa (60)	All Levels (60)	Vinyasa (60)	Form & Flow (60)		
4:00PM	All Levels (60)	All Levels (60)	All Levels (60)	All Levels (60)		Yinyasa (90)	Vinyasa (60)
6:30PM	Power Flow (75)	Vinyasa 2 (75)	Prenatal (60) (Pre-Registered)	Yin (90)			
7:00PM	All Levels (60)	All Levels (60)	Vinyasa (60)	Form & Flow (60)	Vinyasa (60)		
8:30PM	Vinyasa (60)	All Levels (60)	Form & Flow (60)		YFTP (60)		

-Yoga for the People is by donation only (suggested \$5)

-Lunch time classes Monday-Friday \$9 SPECIAL

-Reduced heat options: Form & Flow, Yinyasa. Unheated options: Vinyasa 2, Yin

