



Therapeutic Approach Yoga Studio  
Offering excellent yoga for 16 years

# “HALIFAX YOGA WEEK” October 3 - 9, 2013

	mon	tue	wed	thu	fri	sat
morning		6:15-7:15 hatha aligned <b>Leanne</b>	7:45-8:45 zumba™ <b>Amy</b>	6:15-7:15 hatha aligned <b>Leanne</b>		9:30-10:45 advanced power <b>Jolene</b>
	9:30-10:45 hatha basics <b>Maxine</b>	9:30-10:45 gentle <b>Maureen</b>	9:30-10:45 hatha vinyasa <b>Maxine</b>	9:30-10:45 hatha basics <b>Maxine</b>	9:30-10:45 hatha vinyasa <b>Maxine/Mike</b>	11:00-12:15 pregnancy <b>Jolene</b>
	11:00-12:00 power hour <b>Leanne</b>	11:00-12:00 power hour <b>Jolene</b>	11:00-11:50 parents & tots <b>Kerry</b>	11:00-12:00 yin yoga <b>Jolene</b>	11:00-12:00 hatha basics <b>Maxine</b>	12:30-1:45 hatha basics <b>Sara</b>
lunchtime	12:15-1:30 hatha vinyasa <b>Maxine</b>	12:15-1:15 hatha basics <b>Maxine</b>	12:15-1:15 hatha basics <b>Maxine</b>	12:15-1:30 hatha vinyasa <b>Maxine</b>	12:15-1:15 double power <b>Leslie &amp; Tomomi</b>	2:00-2:45 laaughing yoga* one Sat month <b>Helen</b>
		1:45-2:45 moms&babes <b>Jolene</b>	1:45-3:00 relax & renew™ <b>Sandy</b>	1:45-2:45 gentle <b>Mike</b>	1:45-2:45 yin/yang <b>Helen</b>	
evening	5:30-6:45 hatha vinyasa <b>Tomomi</b>	5:30-6:45 hatha basics <b>Sara</b>	5:30-6:45 advanced power <b>Leslie</b>	5:30-6:45 power basics <b>Tomomi</b>	5:30-6:45 hatha vinyasa <b>Hillary</b>	
	7:00-8:15 hatha basics <b>Helen</b>	7:00-8:15 power basics <b>Tomomi</b>	7:00-8:15 hatha basics <b>Hillary</b>	7:00-8:15 hatha vinyasa <b>Claire</b>	7:15-8:15 Yoga Nidra* one Fri month <b>Sandy</b>	<b>sun</b>
				8:30-9:30 zumba™ <b>Amy</b>		6:00-7:15pm hatha basics <b>Helen</b>
						7:30-8:45pm yin <b>Helen</b>

TAYS 202-6156 Quinpool Road

www.yogastudio.ns.ca 429-3303