



Coastal Bliss

Y O G A

1180 Pacific Rim Highway
(above Studio One at Outside Break)

www.coastalblissyoga.com
info@coastalblissyoga.com
1-888-589-2246

\$16 Drop In
passes available

DROP IN CLASSES

FALL 2011

Levels

- 1 - suitable for beginner students
- Mixed - suitable for experienced beginners and intermediate students
- 2 - intermediate and advanced students

Monday		10.00am - 11.30am Mixed Level Yin/ Flow April	5.30pm - 7.00pm Mixed Level Vinyasa Flow April	7.30pm - 8.30pm Mixed Level Power Flow April
Tuesday	8.00am - 9.30am Mixed Level Vinyasa Flow Mariah	11.00am - 12.30pm Level 1 Anusara-Inspired™ Natalie	4.30pm - 5:30pm sliding scale \$5 minimum Community Yoga Danielle	6.30pm - 8.00pm Mixed Level Anusara-Inspired™ Natalie
Wednesday		10.00am - 11.30am Mixed Level Vinyasa Flow Natalie	5.30pm - 7.00pm Mixed Level w/ Meditation Anusara-Inspired™ Natalie	7.30pm - 8.45pm Mixed Level Restorative April
Thursday	8.00am - 9.30am Mixed Level Vinyasa Flow Dawn	11.00am - 12.30pm Mixed Level Power Flow April	4.30pm - 5:30pm sliding scale \$5 minimum Community Yoga Robert / Chantal	6.30pm - 8.00pm Mixed Level Yin Yoga April
Friday	10.00am - 11.30am Level 1 Hatha April	4.00pm - 5.00pm Nidra iRest / Meditation Dionne / Natalie	5.30pm - 7.00pm Mixed Level Vinyasa Flow Natalie	SPECIAL EVENTS PLEASE CHECK WEBSITE FOR DETAILS
Saturday		11.00am - 12.00pm Mixed Level Power Flow Natalie	4.30pm - 6.00pm Mixed Level Vinyasa Flow Nicole / Mariah	
Sunday	9.30am - 10.30am Meditation Tracy \$2 Donation	11.00am - 12.30pm Mixed Level Anusara-Inspired™ Natalie	5.30pm - 7.00pm Level 1 Hatha Nicole / Mariah	

Coastal Bliss Yoga Instructors

April Woods Natalie Rousseau
Chantal Huber Nicole Walford
Danielle Hachey Pascale Froment
Dawn Batenchuk Robert Kowatsch
Mariah Armstrong Tracy Crocker

Enquire About

Drop In Classes
Private & Group Classes
Gift Certificates & Retail
Space Rental & Beach Yoga

Schedule is subject to change without notice.

**** Please check website for cancelations, changes & workshops**