



Coastal Bliss

Y O G A

1180 Pacific Rim Highway
(above Studio One)

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250 726 8241

\$15 Drop In
passes available

CLASS SCHEDULE

JUNE 2010

Levels

- 1 suitable for beginner students
- 2 suitable for intermediate/advanced students
- All suitable for everyone

Monday		10.00am - 11.30am Level 1 Vinyasa Flow Katie	5.30pm - 7.00pm All Levels Vinyasa Flow April	7.30pm - 9.00pm Level 2 Vinyasa Flow Natalie
Tuesday	8.00am - 9.15am All Levels Morning Vinyasa Pascale	11.00am - 12.30pm Level 1 Hatha Natalie	5.30pm - 7.00pm Level 2 Anusara-Inspired™ Sarah	7.30pm - 9.00pm Level 1 Hatha Mariah
Wednesday	6.30am - 8.00am All Levels Fundamentals Ashtanga Abbie	9.00am - 10.30am All Levels Vinyasa Flow Katie	5.30pm - 7.00pm All Levels Moving Meditation Natalie	7.30pm - 9.00pm Level 2 Vinyasa Flow Natalie
Thursday	8.00am - 9.15am All Levels Morning Vinyasa Pascale	11.00am - 12.30pm Level 2 Vinyasa Flow Katie		7.00pm - 8.30pm All Levels Yin Yoga April
Friday	6.30am - 8.15am NEW All Levels Mysore-style Ashtanga Abbie	10.00am - 11.30am Level 1 Hatha April	5.30pm - 7.00pm All Levels Vinyasa Flow Natalie	7.30pm - 9.00pm All Levels Restorative April
Saturday	9.00am - 10.30am All Levels Anusara-Inspired™ Sarah		4.30pm - 6.00pm All Levels Power Flow Natalie	6.30pm - 8.30pm Sacred Heart Chakra Dance Dionne NEW
Sunday	9.30am - 10.30am Meditation Tracy \$2 Donation	11.00am - 12.30pm All Levels Vinyasa Flow Natalie	5.30pm - 7.00pm All Levels Ashtanga Mariah	

Coastal Bliss Yoga Instructors

Abbie Weinberg Natalie Rousseau
Katie Fornika Tracy Crocker
April Woods Mariah Armstrong
Pascale Froment Sarah Platenius

Enquire About

Drop In Classes
Private & Group Classes
Retail Yoga Products
Space Rental

****Dionne's Saturday night Sacred Heart Chakra Dance begins June 19th**
**** Please check website for cancelations, changes & workshops in June**