



Coastal Bliss

Y O G A

Tofino, BC CANADA

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

CLASS SCHEDULE 2011

SUMMER

Levels

- 1 - suitable for beginner students
- Mixed - suitable for experienced beginners and intermediate students
- Community - newer teachers / reduced rate

Monday		10.00am - 11.30am Mixed Level Yin/ Flow April	5.30pm - 7.00pm Mixed Level Vinyasa Flow April	7.30pm - 9.00pm Mixed Level Power Flow Natalie
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 <small>NEW</small>	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 Nicole	11.00am - 12.30pm Mixed Level Power Flow April	4.30pm - 5:30pm sliding scale \$5 minimum Community Yoga Robert	6.30pm - 8.00pm Mixed Level Yin Yoga April
Friday		10.00am - 11.30am Level 1 Hatha April	5.30pm - 7.00pm Mixed Level Vinyasa Flow Natalie	SPECIAL EVENTS PLEASE CHECK WEBSITE FOR DETAILS
Saturday		11.00am - 12.30pm Mixed Level Power Flow Natalie	4.30pm - 6:00pm Mixed Level Vinyasa Flow Nicole <small>NEW</small>	6.30pm - 8.00pm Level 1 Hatha Mariah <small>NEW</small>
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	

Coastal Bliss Yoga Instructors

April Woods
Danielle Hachey
Dionne Dempfle
Mariah Armstrong
Natalie Rousseau

Nicole Walford
Pascale Froment
Robert Kowatsch
Tracy Crocker

We are pleased to offer you:

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

Schedule is subject to change without notice.

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