



Coastal Bliss

Y O G A

1180 Pacific Rim Highway
(above Studio One)

www.coastalblissyoga.com
info@coastalblissyoga.com
250 726 8241

\$15 Drop In
passes available

CLASS SCHEDULE APRIL 2010

Levels

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

Monday		10.00am - 11.30am Level 1 Hatha 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	7.00am - 8.15am 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		10.00am - 11.30am Level 1 Hatha April	5.30pm - 7.00pm All Levels Vinyasa Flow Natalie	7.30pm - 9.00pm Level 2 Vinyasa Flow April
Saturday	9.00am - 10.30am All Levels Anusara-Inspired™ Sarah			
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

****Katie's classes start April 5th**
****We now take credit cards and debit**