



*Coastal Bliss*  
Y O G A

1180 Pacific Rim Highway  
(above Studio One)  
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TOFINO, BC

Come try a class or just check out the space...

# GRAND OPENING JULY 3 & 4, 2010

## **Saturday:**

7:30-8:30am

Abbie's Intro to Ashtanga Yoga FREE

9-10:30am

Sarah's Anusara-Inspired Yoga FREE

11am-12:30pm

Katie's Vinyasa Flow Yoga FREE

1-2:30pm

April's Restorative/ Yin Yoga FREE

4:30-6pm

Natalie's Power Yoga FREE

7pm Open House - snacks-refreshments  
mingle and connect with your community

## **Sunday:**

9:30-10:30am

Tracy's Meditation FREE

11am-12:30pm

Natalie's All Levels Anusara-Inspired

Yoga class will be as usual (Paid drop-in or class pass)

1-3pm

Dionne's Sacred Heart Chakra Dance FREE

5:30-7pm

Mariah's Ashtanga Yoga FREE

7:30-8:45pm

Dawn's Prenatal/ Restorative Yoga FREE

Everyone is welcome!

**Available for purchase - Yoga mats, props  
and Coastal Bliss clothing.  
Discounts on Class Passes too!**