



# Coastal Bliss

## Y O G A

1180 Pacific Rim Highway  
(above Studio One)

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

\$16 Drop In  
passes available

*effective Oct. 1st*

## CLASS SCHEDULE

# FALL 2010

### Levels

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

<b>Monday</b>		<b>10.00am - 11.30am</b> Level 1 <b>Vinyasa Flow</b> April	<b>5.30pm - 7.00pm</b> Mixed Level <b>Vinyasa Flow</b> April	<b>7.30pm - 9.00pm</b> Level 2 <b>Anusara-Inspired™</b> Natalie
<b>Tuesday</b>	<b>8.00am - 9.15am</b> Mixed Level <b>Morning Vinyasa</b> Pascale	<b>11.00am - 12.30pm</b> Level 1 <b>Hatha</b> Natalie	<b>4.30pm - 5:30pm</b> Community Yoga pay what you can \$5-10	<b>6.30pm - 8.00pm</b> Mixed Level <b>Anusara-Inspired™</b> Natalie
<b>Wednesday</b>	<b>6.30am - 8.00am</b> Mixed Level <b>Fundamentals Ashtanga</b> Abbie	<b>10.00am - 11.30am</b> Mixed Level <b>Vinyasa Flow</b> Natalie	<b>5.30pm - 7.00pm</b> Mixed Level <b>Moving Meditation</b> Natalie	<b>7.30pm - 8.45pm</b> Mixed Level <b>Restorative</b> April
<b>Thursday</b>	<b>8.00am - 9.15am</b> Mixed Level <b>Morning Vinyasa</b> Pascale	<b>11.00am - 12.30pm</b> Level 2 <b>Vinyasa Flow</b> April	<b>4.30pm - 6.00pm</b> Level 1 <b>Ashtanga</b> Mariah	<b>6.30pm - 8.00pm</b> Mixed Level <b>Yin Yoga</b> April
<b>Friday</b>	<b>6.30am - 8.15am</b> Mixed Level <b>Mysore-style Ashtanga</b> Abbie	<b>10.00am - 11.30am</b> Level 1 <b>Hatha</b> April	<b>4.00pm - 5.00pm</b> <b>Nidra iRest</b> Dionne By Donation	<b>5.30pm - 7.00pm</b> Mixed Level <b>Vinyasa Flow</b> Natalie
<b>Saturday</b>	<b>9.00am - 10.30am</b> Mixed Level <b>Vinyasa Flow</b> Mariah		<b>4.30pm - 6.00pm</b> Mixed Level <b>Power Flow</b> Natalie	<b>6.30pm - 8.30pm</b> <b>Sacred Heart</b> <b>Chakra Dance</b> Dionne
<b>Sunday</b>	<b>9.30am - 10.30am</b> <b>Meditation</b> Tracy \$2 Donation	<b>11.00am - 12.30pm</b> Mixed Level <b>Anusara-Inspired™</b> Natalie	<b>5.00pm - 6.30pm</b> Level 1 <b>Hatha</b> Mariah	<b>7.00pm - 8.15pm</b> <b>Prenatal Yoga</b> April

### Coastal Bliss Yoga Instructors

Abbie Weinberg      Natalie Rousseau  
April Woods          Mariah Armstrong  
Dionne Dempfle     Tracy Crocker  
Pascale Froment

### Enquire About

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

Schedule is subject to change without notice.

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