



Coastal Bliss

Y O G A

1180 Pacific Rim Highway
(above Studio One at Outside Break)

www.coastalblissyoga.com
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250 726 8241

\$16 Drop In
passes available

CLASS SCHEDULE 2010

DECEMBER

Levels

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

Monday		10.00am - 11.30am Level 1 Vinyasa Flow April	5.30pm - 7.00pm Mixed Level Vinyasa Flow April	7.30pm - 9.00pm Level 2 Anusara-Inspired™ Natalie
Tuesday		11.00am - 12.30pm Level 1 Hatha Natalie	4.30pm - 5:45pm Absolute Beginner Yoga Course (Nov 23-Dec 14)	6.30pm - 8.00pm Mixed Level Anusara-Inspired™ Natalie
Wednesday	7.00am - 8.30am Mixed Level Fundamentals Ashtanga Abbie	10.00am - 11.30am Mixed Level Vinyasa Flow Natalie	5.30pm - 7.00pm Mixed Level Moving Meditation Natalie	7.30pm - 8.45pm Mixed Level Restorative April
Thursday		11.00am - 12.30pm Level 2 Vinyasa Flow April	4.30pm - 5:30pm Community Yoga sliding scale, \$5 minimum	6.30pm - 8.00pm Mixed Level Yin Yoga April
Friday		10.00am - 11.30am Level 1 Hatha April	4.00pm - 5.00pm Nidra iRest Dionne By Donation	5.30pm - 7.00pm Mixed Level Vinyasa Flow Natalie
Saturday	9.00am - 10.30am Mixed Level Vinyasa Flow Abbie / Pascale		4.30pm - 6.00pm Mixed Level Power Flow Natalie	6.30pm - 8.30pm Sacred Heart Chakra Dance Dionne
Sunday	9.30am - 10.30am Meditation Tracy \$2 Donation	11.00am - 12.30pm Mixed Level Anusara-Inspired™ Natalie	5.00pm - 6.30pm Level 1 Hatha Pascale	

Coastal Bliss Yoga Instructors

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

Enquire About

Drop In Classes
Private & Group Classes
Gift Certificates & Retail
Space Rental

Schedule is subject to change without notice.

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