

# Summer yoga

## yogaroots mindfulness centre

604.882.1717 #101 - 9103 glover rd. fort langley

monday	tuesday	wednesday	thursday	friday	saturday	sunday
9:30 - 11 am Beginning yoga Maris	9:30 - 11 am Intermediate yoga Tara	9:30 - 11 am Beginning yoga Marilyn		9:30 - 11 am Intermediate yoga Tara	9 - 10:30 am Mixed level yoga Pam	10am ~ 45 min. vipassana meditation Tara
		11:30 - 12:45 pm Breathing & restorative yoga Tara pre-registered	11 - 12:30pm Yoga Gently Dawn		11 - 11:45pm Breathing for stress and anxiety Maris \$8 drop in	11 - 12:30 pm Mixed level yoga Tara
	1 - 2:15pm Yoga for seniors Maris				12 - 1:30pm Beginning Yoga Maris	Sunday Afternoon Workshops
5:30 - 7 pm Absolute beginning yoga Dawn	5:45 - 7:15 pm Intermediate flow Tara	6 - 7:15pm Pregnancy Yoga Sharon pre-registered		6 - 7:30pm Mixed Level Yoga Tara		1:30 - 3:30pm  Great new workshops happening this summer.  See workshop schedule
7:30 - 9 pm Inter. / Adv. yoga Tara	7:30 - 9 pm Beginning yoga Tara	7:30 - 9 pm Beginning Yoga Sharon	7:30 - 9 pm Mixed level yoga Tara			

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## Summer Session

**July 5 - September 3, 2010**  
**9 week session**

**9 weeks of unlimited summer yoga \$210**  
Valid from July 5 - September 3. No refunds or extensions.  
\$40 savings.

**When you register for your summer class**  
up to missed 3 classes can be credited towards your fall registration.  
\$39 savings

### prices

<b>Drop in</b>	<b>\$15</b>
<b>9 week class ( registration )</b>	<b>\$117</b>
<b>10 class pass ( valid for 6 months )</b>	<b>\$135</b>
<b>Monthly unlimited</b>	<b>\$125</b>
<b>Vipassana meditation drop in</b>	<b>\$5</b>
<b>Sunday afternoon workshop 2 hours</b>	<b>\$30</b>

All of our prices have been increased by the HST.

### Closed

There are no classes on the following dates  
July 1 - 4  
July 31 - August 2  
September 4 - 6

### registering for a class

We strongly recommend registering. As the studio grows, some classes are very busy and registering helps us keep classes at a manageable size. To register you choose a class you plan to attend every week, then you only pay \$13 a class, if you miss your chosen class you can attend another as a make up.

### please remember

arrive early.  
avoid perfumes, they may trigger allergic reactions.  
avoid eating at least 1 hour before class.  
turn off electronics that make noise.  
be considerate and respect the quiet atmosphere.  
wear comfortable clean clothing, no buckles, belts, loose shorts.

### policies

No refunds. Expiry dates are firm. Prices include HST.  
Gift certificates and credits are valid for 1 year only.  
Make up classes must be done within the session and cannot be carried over to the next term.  
if you need to request an extension contact Tara.

[www.yogarootsmindfulnesscentre.ca](http://www.yogarootsmindfulnesscentre.ca)