


Winter 2012 Yoga Schedule: January 9 – March 24

| Monday | Tuesday | Wednesday | Thursday | Saturday |
|---|---|---|---|---|
| | | | | New Meditation & Kirtan 8:00 – 9:15 a.m. Feb. 4 – 25 4 weeks only |
| | OPEN 9:30 – 11 a.m. Jan.10 - Mar 20 11 weeks | | | Level 3 9:30 – 11 a.m. Jan. 14 - Mar 24 11 weeks |
| Seniors' Yoga 1:15 – 2:30 pm Jan.30 – Feb 27 5 weeks | | | 50 + 1:15– 2:30 p.m. Jan.12 - Mar 22 11 weeks | New Happy Child 3 – 5 year old 2 – 3 p.m. Starts January 14 |
| Adapted Yoga (Yoga Therapy group class) 5:15 – 6:15 pm Jan 30 - Feb 27 5 weeks | | New Time Level 1 (Gentle modified practice) 5:30 – 6:45 pm Feb 1 – 29 5 weeks | | |
| INTRO Intensive (2x/wk) Mon & Wed 6:30 – 7:55 p.m. Jan.9-25 3 weeks (6 classes) | | INTRO Intensive (2x/wk) Mon & Wed 6:30 – 7:55 p.m. Jan. 9 - 25 3 weeks (6 classes) | |  <p>819 684-2084 www.yoga-aylmer.com info@yoga-aylmer.com</p> |
| INTRO 6:30 - 7:55 p.m. Jan 30 – Mar 26 9 weeks | OPEN 6:30 – 7:55 p.m. Jan.10 - Mar 20 11 weeks | New OPEN 7 – 8:30 p.m. Feb.1 - 29 5 weeks New Meditation & Kirtan With Kumari 8:30– 9:30 pm Feb 1 - 29 5 weeks | Level 2 6:30 – 7:45 p.m. Jan.12 – Mar 22 11 weeks | |
| OPEN 8:00 – 9:30 p.m. Jan.11 - Mar 29 12 weeks | Level 2 8:00 – 9:30 pm Jan.12 – Mar.30 12 weeks | OPEN 8 – 9:30 pm Short courses Jan 11-25 3 weeks AND/ OR Mar 7 – 21 3 weeks | INTRO 8 – 9:30 p.m. Jan.12 – Mar 22 11 weeks | |