

# L'Horaire de Printemps/ Spring Schedule

*Iyengar & Aligning the Body-11 weeks*  
*Hatha Flow, Warm Hatha & Hot Yoga- 10 weeks*



*110\$/11-week session, 100\$/10-week session*  
*13\$ drop-ins*

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Lun/Mon	Mar/ Tues	Mer/ Wed	Jeu/ Thurs	Ven/ Fri	Sam/Sat
<b>Iyengar</b> <i>Niveau 1 + 2 / Level 1 + 2</i> <i>Andrée (Bilingue/Bilingual)</i> <b>9:30-11:00am</b>					<b>Hatha Flow</b> <i>All levels</i> <i>Amanda (English)</i> <b>9:00-10:15am</b>
		<b>Aligning the Body and Spirit</b> <i>Débutants/Beginners</i> <i>Elizabeth (Bilingue/Bilingual)</i> <b>3:00-4:15pm</b>			
		<b>Aligner le Corps et l'Esprit</b> <i>Intermédiaire et Avancé</i> <i>Elizabeth (Bilingue/Bilingual)</i> <b>5:00-6:15pm</b>			
<b>Hatha Hot Yoga</b> <i>Tous les niveaux/All levels</i> <i>Sharyn (Bilingue/Bilingual)</i> <b>7:00-8:15pm</b>	<b>Warm Hatha Yoga</b> <i>All levels</i> <i>Jennifer (English)</i> <b>5:45-7:00pm</b>	<b>Hatha Flow</b> <i>All levels</i> <i>Amanda (English)</i> <b>7:00-8:15pm</b>	<b>Hot Yoga Flow</b> <i>All levels</i> <i>Yolanda (English)</i> <b>7:00-8:15pm</b>		

