

Life Force Yoga Schedule- MAY 2019

@ The Lodge at Gateway Resort

www.lifeforceenergy.net / E-mail: lifeforceenergy888@gmail.com

2633 Squilax-Anglemont Rd, Lee Creek

Just 8.0 km from the Trans Canada highway

All Yoga Classes are 1 hour adult classes unless specified. The Lodge will be open 30 minutes prior to class start. All Classes at this time are with Danielle. Additional instructors will be added throughout the month.

Monday	9:00am-10:00am 5:30 pm – 6:30pm 6:45pm – 7:45pm	Yoga Soul Hatha Wake UP Deep Stretch – Yin
Tuesday	9:00am – 10:00am 10:15am – 11:15am	Gentle Hatha Parent & Tots Yoga & Movement
Wednesday	9:00am-10:00am 5:30 pm – 6:30pm 6:45pm – 7:45pm	Hatha Wake Up Vinyasa Flow Deep Stretch – Yin
Thursday	9:00am – 10:00am 10:15am – 11:15am	Gentle Hatha Deep Stretch – Yin
10 \$Dollar Friday Classes	9:00am – 10:00am 10:15am – 11:15am	Vinyasa Flow Deep Stretch- YIN
Saturday	9:00am – 10:00am	Hatha Wake Up
Sunday	9:00 – 10:00am- Pre-Reg	Family Yoga

Yoga Energy Exchange Options

\$8.00–Student & Teen Drop In

\$5.00 – 12 Under

\$15.00 Adult Drop In

5 Class Pass - \$69.00

(\$13.80 per class)

10 Class Pass - \$99.00

(\$9.90 per class)

\$59.00 Newbie

One month Unlimited If
purchased during your 1st visit
to the Centre!

All prices are subject to GST

Family Yoga (all ages welcome; however, ages 5-6+ is optimum)

Family Yoga requires Pre Registration the evening before by 8pm [REGISTER HERE](#)

All Other Yoga classes do not have a mandatory pre-sign in at this time.

****Please join us minimally 5-10 minutes before class start, and earlier if you have never been to our Centre before (waiver to be signed) or are coming with multiple yogis to our Sunday Family Class.**

Your feedback is valued. If you love a time and / or class that is not on the schedule, please let us know!!

For more Yoga information, and class descriptions, please visit our website:

<http://www.lifeforceenergy.net/yoga/> or give us a call 250-679-4411