

Life Force Yoga Schedule

April & May 2019- Beginning April 1, 2019

@ The Lodge at Gateway Resort

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.

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)

All prices are subject to GST

Monday	5:30 pm – 6:30pm 7:00pm – 8:00pm	Vinyasa Power Flow Deep Stretch – Yin
Tuesday	6:00am – 7:00am 9:00am – 10:00am 10:30am – 11:30am	Gentle Hatha Hatha Wake Up Parent & Tots Yoga & Movement
Wednesday	5:30 pm – 6:30pm 7:00pm – 8:00pm	Vinyasa Power Flow Deep Stretch – Yin
Thursday	6:00am – 7:00am 9:00am – 10:00am 10:30am – 11:30am	Hatha Wake Up Gentle Hatha Parent & Tots Yoga & Movement
10 \$Dollar Friday Classes	9:00am – 10:00am 10:30am – 11:30am	Hatha Wake Up Vinyasa Flow
Saturday	9:00am – 10:00am	Hatha Wake Up
Sunday	9:00 – 10:00am	Family Yoga

***Yoga with the Easter Bunny on Sunday Family Yoga - April 21, 2019– Chocolates and Treats served
Advance Registration is required for this event by FRIDAY April 19.**

Yoga with the Easter Bunny [REGISTER HERE](#)

Yoga does not have a mandatory pre-sign in at this time unless specified. 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 on our Sunday Family Class.

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

Additional Yoga & Movement Classes will be added and even pop up based on optimum interest and attendance. Yoga is also incorporated into the 8 Week Kids After School Program.

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

<http://www.liforceenergy.net/yoga/>