

## Life Force Yoga Schedule- July 2019

@ The Lodge at Gateway Resort

[www.liforceenergy.net](http://www.liforceenergy.net) / E-mail: [liforceenergy888@gmail.com](mailto:liforceenergy888@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 Centre will be open 30 minutes prior to 1<sup>st</sup> class start. All Classes at this time are with Danielle. Additional instructors may be added throughout the month.

|                  |                                     |                    |
|------------------|-------------------------------------|--------------------|
| <b>Monday</b>    | 9:00am-10:00am                      | Yoga Soul          |
|                  | 6:30pm-7:30pm                       | Deep Stretch – Yin |
|                  | <b>NO 630pm Class on Canada Day</b> |                    |
| <b>Tuesday</b>   | 9:00am – 10:00am                    | Gentle Hatha       |
| <b>Wednesday</b> | 9:00am-10:00am                      | Hatha Wake Up      |
|                  | 6:30pm – 730pm                      | Hatha Flow to Yin  |
| <b>Thursday</b>  | 9:00am – 10:00am                    | Gentle Hatha       |
| <b>Friday</b>    | 9:00am – 10:00am                    | Hatha Flow to Yin  |
| <b>Saturday</b>  | 9:00am – 10:00am                    | Hatha Wake Up      |
| <b>Sunday</b>    | <i>No Yoga</i>                      |                    |

### Yoga Energy Exchange Options

**\$15.00** Adult Drop In

**\$8.00**–Student & Teen Drop In

**\$5.00** – 12 Under

**5** Class Pass - \$69.00

(\$13.80 per class)

**10** Class Pass - \$99.00

(\$9.90 per class)

**Unlimited Monthly**- \$95.00

All prices are subject to GST

All Yoga classes are drop in. **THERE IS NO 630pm YOGA CLASS ON Canada Day Monday**

**\*\*Our door is locked just prior to class start. 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.liforceenergy.net/yoga/> or give us a call 250-679-4411