

# Life Force Yoga Schedule- OCTOBER 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 6.0 km from the Trans Canada highway turn off onto the North Shuswap

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
	4:00pm to 5:00pm *\$5.00 Youth Monday * <b>No 9am YOGA on Thanksgiving 14th</b>	Family Yoga – All Ages
<b>Tuesday</b>	9:00am – 10:00am	Gentle Hatha
<b>Wednesday</b>	9:00am-10:00am	Hatha Wake Up
	5:30pm – 6:30pm	Hatha with Yin
<b>Thursday</b>	9:00am – 10:00am	Gentle Hatha
<b>Friday</b>	<b>No Yoga Friday for October</b>	
<b>Saturday</b>	10:00am – 11:00am	Hatha Wake Up
<b>Sunday</b>	<b>No Yoga Sunday for October</b>	

## 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**- \$120.00

**Newbie Monthly** - \$59.00

Newbie month Unlimited If purchased during your 1<sup>st</sup> visit to the Centre!

All prices are subject to GST

All Yoga classes are drop in

There is NO YOGA on Thanksgiving Day Monday, October 14

**\*\*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)**

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