

Life Force Yoga Schedule- December 2019

@ The Lodge at Gateway Resort

www.liforceenergy.net / E-mail: 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 1st class start. All Classes at this time are with Danielle. Additional instructors may be added throughout the month.

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|------------------|---------------------------------------|---|
| Monday | 9:00am-10:00am | Yoga Soul |
| Tuesday | 9:00am – 10:00am 10:30am -11:30am | Gentle Hatha *Ageless Restore Beyond Beginner |
| Wednesday | 9:00am-10:00am 5:30pm – 6:30pm | Hatha Wake Up Hatha with Yin |
| Thursday | 9:00am – 10:00am 10:30am-11:30am | Gentle Hatha *Ageless Restore Beyond Beginner |
| Friday | <i>No Yoga Friday for December</i> | |
| Saturday | 9:00am – 10:00am | Hatha Wake Up |
| Sunday | <i>No Yoga Sunday for December</i> | |

Yoga Energy Exchange Options

\$15.00 Adult Drop In

2 for 1- Bring a Friend

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

All Yoga classes are drop with the exception of **Ageless BEYOND BEGINNER** [*PRE-REGISTER CLICK HERE*](#) OR via email or phone

All prices are subject to GST

There is NO YOGA on Wednesday Dec 25 or Thursday Dec 26

****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