

# Life Force Yoga Schedule- March 2020

@ The Lodge at Gateway Resort

[www.lifeforceenergy.net](http://www.lifeforceenergy.net) / E-mail: [lifeforceenergy888@gmail.com](mailto:lifeforceenergy888@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
<b>Tuesday</b>	9:00am – 10:00am	Gentle Hatha
	10:30-11:30- Pre-Register	*Ageless Restore Beyond Beginner
<b>Wednesday</b>	9:00am-10:00am	Hatha Wake Up
	5:30pm – 6:30pm- Pre-Register	Hatha with Yin
<b>Thursday</b>	9:00am – 10:00am	Gentle Hatha
	10:30am-11:30am- Pre-Register	*Ageless Restore Beyond Beginner
<b>Friday</b>	<i>No Yoga Friday for March</i>	
<b>Saturday</b>	9:00am – 10:00am	Hatha Wake Up
<b>Sunday</b>	<i>No Yoga Sunday for March</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

(12 week commitment)

**Unlimited Monthly** - \$140.00

**Newbie Monthly** - \$59.00

Newbie 1 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 with the exception of:

Ageless BEYOND BEGINNER & Wed 530pm Hatha with Yin are both \*PRE-REGISTER via WEB\* OR via email [lifeforceenergy888@gmail.com](mailto:lifeforceenergy888@gmail.com) or phone.

**\*\*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.lifeforceenergy.net/yoga/> or give us a call 250-679-4411