

## 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
	NO 630pm Class on Canada Day	
<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>	No Yoga	

### 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** (3 Months- \$95.00 monthly)

**Unlimited 1 Month** - \$120.00

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