

Life Force Yoga Schedule

April 2019- Beginning April 16, 2019

@ The Lodge at Gateway Resort

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 Lodge will be open 30 minutes prior to class start. All Classes at this time are with Danielle. Additional instructors will be added.

Monday	9:00am-10:00am 5:30 pm – 6:30pm 7:00pm – 8:00pm	Yoga Soul Vinyasa Power Flow Deep Stretch – Yin
Tuesday	6:00am – 7:00am – <u>Pre-Reg</u> 9:00am – 10:00am 10:30am – 11:30am	Gentle Hatha Hatha Wake Up Parent & Tots Yoga & Movement
Wednesday	9:00am-10:00am 5:30 pm – 6:30pm 7:00pm – 8:00pm	Hatha Wake Up Vinyasa Power Flow Deep Stretch – Yin
Thursday	6:00am – 7:00am – <u>Pre-Reg</u> 9:00am – 10:00am 10:30am – 11:30am	Hatha Wake Up Yoga Soul Parent & Tots Yoga & Movement
10 \$Dollar Friday Classes	9:00am – 10:00am 10:30am – 11:30am	Hatha Wake Up Vinyasa Flow
Saturday	9:00am – 10:00am	Hatha Wake Up
Sunday	9:00 – 10:00am	<i>Family Yoga</i>

Yoga Energy Exchange Options

\$8.00–Student & Teen Drop In

\$5.00 – 12 Under

\$15.00 Adult Drop In

5 Class Pass - \$69.00

(\$13.80 per class)

10 Class Pass - \$99.00

(\$9.90 per class)

\$59.00 Newbie

**One month Unlimited If
purchased during your 1st visit
to the Centre!**

All prices are subject to GST

Family Yoga (all ages welcome; however, ages 5-6+ is optimum)

6am Yoga on Tue & Thurs requires Day Before (9pm) Pre-Registration –[REGISTER HERE](#)

All Other Yoga classes do not have a mandatory pre-sign in at this time. 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.

Additional Yoga & Movement Classes will be added...Yoga and Movement Schedule will be updated monthly based on optimum interest and attendance. Yoga is also incorporated into the 8 Week Kids After School Program.

For more Yoga information, and class descriptions, please visit our website:

<http://www.lifeforceenergy.net/yoga/>