



SHANTI YOGA
ALIGN • INSPIRE • REFRESH

SCHEDULE MON 4 JULY – SUN 28 AUGUST/ 2011

Day	Time	Teacher	Type	Comments
Mon	5:30-7:00pm	Cathy	Restorative	
Tue	9:30-11am	Cathy	Basic	
	6:30-7:55pm	Cathy	All levels	
Wed	7:30-8:50pm	Ondine	All levels	
Thu	9:30-11am	Cathy	All levels	
	1-3pm	Cathy	KnitYoga	Summer project is a lace edged shawl join us ... it's fun!
	6:30-7:55pm	Cathy	All levels	
Fri	12-1:20pm	Cathy	All levels	
Sat	9:30-11am	Cathy	All levels	
	12-1:20pm	Cathy	Basic	
Sun	9:30-11am	Malcolm	Hatha Flow	For students with experience. No class August 14.

Schedule subject to change without notice. To verify please check the website www.shantimtl.com.

Registration

If you have any concerns or health issues, it's important that you let me know. Feel free to e-mail me.

Missed classes: If you are signed up for a full session, you can make up missed classes during the same session.

If you know in advance that you will be away, let me know when you sign up for your session, and we'll pro-rate your session payment.

Once the session begins (if space is still available) you can sign up for the class(es) of your choice and we will pro-rate the rest of the session for you.

RATE DESCRIPTION	REGULAR	PER CLASS \$	60+	PER CLASS \$	COUPLES	/PER /CL \$
DROP IN	\$16	14.08	\$14	12.32	\$25	12.50
1 X WEEK for 8 weeks	\$104	13.00	\$90	11.25	\$180	11.25
2 X WEEK for 8 weeks	\$180	11.25	\$170	10.63	\$264	8.25
3 X WEEK for 8 weeks	\$216	9.00	\$210	8.75		
4 x WEEK for 8 weeks	\$272	8.50	\$264	8.25		
8 CLASS CARD VALID 6 MTHS	\$104	13.00	\$90	11.25		
12 CLASS CARD VALID 6 MTHS	\$144	12.00	\$132	11.00		
ALL PRICES INCLUDE GST AND QST						

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