

Wed Aug 26	1:15pm – 2:30pm 5:30pm – 6:45pm	☒ Therapeutic Yoga 📄 ☒ Candlelit Yin Yoga 📄
Fri Aug 28	12:00pm – 1:00pm	☒ Therapeutic Yoga 📄
Sat Aug 29	9:30am – 10:00am	☒ Nia in Preston Park, Brantford 📄
Sun Aug 30	10:00am – 11:15am	☒ Community Yoga & Meditation PWYC 📄
Mon Aug 31	5:30pm – 6:45pm	☒ Gentle Yoga 📄
Tue Sep 1	9:15am – 10:30am 5:30pm – 6:45pm	☒ Yoga Basics 📄 ☒ FREE Info Session: Self-Realization Program
Wed Sep 2	1:15pm – 2:30pm 5:30pm – 6:45pm	☒ Therapeutic Yoga 📄 ☒ Candlelit Yin Yoga 📄
Fri Sep 4	12:00pm – 1:00pm	☒ Therapeutic Yoga 📄
Sun Sep 6	10:00am – 11:15am	☒ Community Yoga & Meditation PWYC 📄
Mon Sep 7	All day 5:30pm – 6:45pm	☒ No Classes Today - Labour Day ☒ No Classes Today - Gentle Yoga 📄
Tue Sep 8	9:15am – 10:30am	☒ Yoga Basics 📄