

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 📅
Wed Sep 9	1:15pm – 2:30pm 5:30pm – 6:45pm	☒ Therapeutic Yoga 📅 ☒ Candlelit Yin Yoga 📅
Fri Sep 11	12:00pm – 1:00pm	☒ Therapeutic Yoga 📅
Sun Sep 13	10:00am – 11:15am	☒ Community Yoga & Meditation PWYC 📅
Mon Sep 14	5:30pm – 6:45pm	☒ Gentle Yoga 📅
Tue Sep 15	9:15am – 10:30am 5:30pm – 6:45pm	☒ Yoga Basics 📅 ☒ FREE Info Session: Psychology of Meditation