



# GANGES YOGA CLASS SCHEDULE

## JANUARY, 2023

### MONDAY

9.00am – 10.15am	Yoga for Life!	Celeste
11.00am – 12noon	Yoga with a Chair (level 2)	Celeste
12.30pm – 1.15pm	Yoga with a Chair (Easy Does It)	Celeste
4.00pm – 5.00pm	Mellow Monday Yoga	Celeste

### TUESDAY

9.00am – 10.00am	MELT Performance	Jerome
11.00am – 12noon	EveryBody Stretch	Catherine
4.30pm – 5.30pm	EveryBody Stretch	Catherine
7.30pm – 9.00pm	Vocal Freedom Singing Circle	Blair

### WEDNESDAY

7.00am – 8.00am	Rise & Shine Yoga <i>*classes resume Jan 11</i>	Hanna
9.00am – 10.00am	Yoga for Life!	Celeste
11.00am – 12noon	Yoga with a Chair (level 1)	Celeste
12.30pm – 1.15pm	Yoga Nidra	Celeste
3.00pm – 4.00pm	Mid-week Mellow Yoga	Celeste
5.00pm – 6.00pm	Beginner Yoga Series	Deb
7.00pm	Insight Meditation	David & Christine

### THURSDAY

9.00am – 10.00am	MELT & Pilates	Jerome
2.00pm – 3.30pm	Chronic Pain Workshop <i>*Dates: Jan 12, 19, 26</i>	Diana Lundine
5.00pm – 6.30pm	Improv Theatre Sports	Simone Cazabon
7.00pm – 8.00pm	Hatha Yoga	Tara & Deb

### FRIDAY

9.00am – 10.00am	Yoga for Life!	Celeste
11.00am – 12noon	EveryBody Stretch	Catherine
4.00pm – 8.00pm	Yoga Teacher Training <i>*Class on Jan 6 only</i>	Celeste
7.30pm	Crystal Bowl/Harmonic Toning <i>*Jan 20 only</i>	Adam

### SATURDAY

9.00am – 5.00pm	Yoga Teacher Training <i>*Class on Jan 7 only</i>	Celeste
9.00am – 10.00am	Yoga Flow <i>*Jan 7 class canceled</i>	Howie
7.00pm – 8:30pm	Kirtan! <i>*Happening on Jan 7 &amp; 21</i>	Adam

### SUNDAY

9.00am – 5.00pm	Yoga Teacher Training <i>*Class on Jan 8 only</i>	Celeste
9.30am – 10.45am	Restorative Yoga <i>*no class on Jan 29</i>	Celeste
10.30am – 12noon	New Year's Day Kundalini Yoga <i>*on Jan 1st</i>	JD
1.00pm – 2.30pm	New Year's Day Cacao & Yoga Journey <i>*on Jan 1st</i>	Simone Artz
7.30pm	Crystal Bowl/Harmonic Toning <i>*Jan 8 only</i>	Adam