



## Fall I & Fall II 2011 Registered Class Schedule Sept 12 – Dec 23, 2011

See website for all studio closures.

### Monday

- 9:45-11:15am CAT Yoga Therapy  
Sept 12 – Oct 24 \$150 +GST (6 weeks)  
(no class Oct 10 Thanksgiving)  
Oct 31 – Dec 19 \$200 +GST (8 weeks)
- 5:15-6:45pm CAT Yoga Therapy  
Sept 12 – Oct 24 \$150 +GST (6 weeks)  
(no class Oct 10 Thanksgiving)  
Oct 31 – Dec 19 \$200 +GST (8 weeks)
- 7:30-9pm CAT Yoga Therapy  
Sept 12 – Oct 24 \$150 +GST (6 weeks)  
(no class Oct 10 Thanksgiving)  
Oct 31 – Dec 19 \$200 +GST (8 weeks)

### Tuesday

- 7:15-8:45pm CAT Yoga Therapy  
Sept 13 – Oct 25 \$150 +GST (6 weeks)  
(no class Oct 11)  
Nov 1 – Dec 20 \$200 +GST (8 weeks)

### Wednesday

- 9:45-11:15am CAT Yoga Therapy  
Sept 14 – Oct 26 \$175 +GST (7 weeks)  
Nov 2 – Dec 21 \$200 +GST (8 weeks)
- 7:15-8:45pm CAT Yoga Therapy  
Sept 14 – Oct 26 \$175 +GST (7 weeks)  
Nov 2 – Dec 21 \$200 +GST (8 weeks)

### Thursday

- 9:45-11:15am CAT Yoga Therapy  
Sept 15 – Oct 27 \$175 +GST (7 weeks)  
Nov 3 – Dec 22 \$200 +GST (8 weeks)
- 5:15 – 6:45pm CAT Yoga Therapy  
Sept 15 – Oct 27 \$175 +GST (7 weeks)  
Nov 3 – Dec 22 \$200 +GST (8 weeks)
- 7:30-9pm CAT Yoga Therapy  
Sept 15 – Oct 27 \$175 +GST (7 weeks)  
Nov 3 – Dec 22 \$200 +GST (8 weeks)

### Friday

- 11:30-1pm CAT Yoga Therapy  
Sept 16 – Oct 28 \$150 +GST (6 weeks)  
(no class Oct 7)  
Nov 3 – Dec 23 \$175 +GST (7 weeks)  
(no class Nov 11 Remembrance Day)
- 2:00-3:30pm CAT Yoga Therapy  
Sept 16 – Oct 28 \$150 +GST (6 weeks)  
(no class Oct 7)  
Nov 3 – Dec 23 \$175 +GST (7 weeks)  
(no class Nov 11 Remembrance Day)

### Saturday

- 10:00-11:30am CAT Yoga Therapy  
Sept 17 – Oct 29 \$150 +GST (6 weeks)  
(no class Oct 8)  
Nov 4 – Dec 17 \$150 +GST (6 weeks)  
(no class Nov 12)

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**WINTER 2012 Class Schedule will begin  
January 9, 2012**

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Schedule and pricing are subject to change  
without notice.

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## Critical Alignment Yoga Therapy (CAT) Workshops with Sherryn

Please Check online for the  
Fall 2011 & Winter 2012 CAT  
Workshop lineup.

Details coming soon!

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Parking: Do Not Park in front  
of the 2 homes north of the  
Studio at 9512 or 9508.

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## Private Therapeutic Yoga & Yoga Sessions with Sherryn

All details online

Should your chosen class be already full,  
get a head start while waitlisted by  
scheduling a few private therapy  
sessions or recharge your home practice  
with a few "tune ups".

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Therapeutic  
"YOGA  
SANDALS"



Greatly assists...

- Plantar Fasciitis • Bunions •
  - Arthritic feet • Hammer toes.
  - Men's sizing also! \$40+gst
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*Sherryn Rault*

9516 – 5St SE, Calgary, AB  
403-816-1502  
sheryoga@shaw.ca

**www.sheryoga.com**