



## FALL I & II 2010

### Registered Class Schedule

Sept 13 – Dec 18, 2010

See website for all studio closures.

#### Monday

• 9:45-11:15am CAT Yoga Therapy

Sept 13 – Oct 25 \$150 +GST (6 weeks)  
(no class Oct 11 Thanksgiving)

Nov 1 – Dec 13 \$150 +gst (6 weeks)  
(no class Nov 8)

• 5:15-6:45pm CAT Yoga Therapy

Sept 13 – Oct 25 \$150 +GST (6 weeks)  
(no class Oct 11 Thanksgiving)

Nov 1 – Dec 13 \$150 +gst (6 weeks)  
(no class Nov 8)

• 7:30-9pm CAT Yoga Therapy

Sept 13 – Oct 25 \$150 +GST (6 weeks)  
(no class Oct 11 Thanksgiving)

Nov 1 – Dec 13 \$150 +gst (6 weeks)  
(no class Nov 8)

#### Tuesday

• 7:15-8:45pm CAT Yoga Therapy

Sept 14 – Oct 26 \$175 +GST (7 weeks)

Nov 2 – Dec 14 \$175 +GST (7 weeks)

#### Wednesday

• 9:45-11:15am CAT Yoga Therapy

Sept 15 – Oct 27 \$175 +GST (7 weeks)

Nov 3 – Dec 15 \$175 +GST (7 weeks)

• 7:15-8:45pm CAT Yoga Therapy

Sept 15 – Oct 27 \$175 +GST (7 weeks)

Nov 3 – Dec 15 \$175 +GST (7 weeks)



#### Thursday

• 9:45-11:15am CAT Yoga Therapy

Sept 16 – Oct 28 \$175 +GST (7 weeks)

Nov 4 – Dec 16 \$175 +GST (7 weeks)

• 5:15 – 6:45pm CAT Yoga Therapy

Sept 16 – Oct 28 \$175 +GST (7 weeks)

Nov 4 – Dec 16 \$175 +GST (7 weeks)

• 7:30-9pm CAT Yoga Therapy

Sept 16 – Oct 28 \$175 +GST (7 weeks)

Nov 4 – Dec 16 \$175 +GST (7 weeks)

#### Friday

• 2:00-3:30pm CAT Yoga Therapy

Sept 17 – Oct 29 \$200 +GST (8 weeks)

Nov 12 – Dec 17 \$150 +GST (6 weeks)  
(no class Nov 5)

#### Saturday

• 10:00-11:30am CAT Yoga Therapy

Sept 18 – Oct 30 \$125 +GST (6 weeks)  
(no class Oct 9)

Nov 13 – Dec 18 \$150 +GST (6 weeks)  
(no class Nov 6)

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

Schedule and pricing are subject to change without notice

#### Therapeutic "YOGA SANDALS"

Greatly assists...

- Plantar Fasciitis
  - Bunions
  - Arthritic feet
  - Hammer toes.
- Men's sizing also!

\$40+gst



### Critical Alignment

### Yoga Therapy (CAT)

### Workshops with Sherryn

#### Edmonton Yoga Studio

Nov 6 & 7, 2010

www.edmontonyogastudio.com

#### The Yoga Studio South,

#### Calgary JCC location

December 5, 1-4pm

February 6, 1-4pm

www.yogastudiocalgary.com

#### The Bodhi Tree Yoga, Regina

Postponed Spring 2011

www.bodhitreeyoga.com

Details Online

### 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".

Winter 2011 Schedule begins

January 10, 2011.

SherYoga will be closed over the

Holidays from

Dec 20 - Jan 9, 2011.

### Sherryn Rault

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