



**Winter & Early Spring
Registered Sessions
January 9 – March 3, 2012
March 12 – May 5, 2012**

Monday

- 9:45-11:15am CAT 2 Yoga Therapy
Jan 9 – Feb 27 \$175 +GST (7 weeks)
(no class Feb 20 (Family Day)
Mar 12 – April 30 \$175 +GST (7 weeks)
(no class Apr 9 (Easter Monday)
- 5:15-6:45pm CAT Yoga Therapy
Jan 9 – Feb 27 \$175 +GST (7 weeks)
(no class Feb 20 (Family Day)
Mar 12 – April 30 \$175 +GST (7 weeks)
(no class Apr 9 (Easter Monday)
- 7:30-9pm CAT Yoga Therapy
Jan 9 – Feb 27 \$175 +GST (7 weeks)
(no class Feb 20 (Family Day)
Mar 12 – April 30 \$175 +GST (7 weeks)
(no class Apr 9 (Easter Monday)

Tuesday

New Time

- 7-8:30pm CAT Yoga Therapy
Jan 10 – Feb 28 \$200 +GST (8 weeks)
Mar 13 – May 1 \$175 +GST (7 weeks)

Wednesday

- 9:45-11:15am CAT Yoga Therapy
Jan 11 – Feb 29 \$200 +GST (8 weeks)
Mar 14 – May 2 \$200 +GST (8 weeks)
- 7-8:30pm CAT Yoga Therapy
Jan 11 – Feb 29 \$200 +GST (8 weeks)
Mar 14 – May 2 \$200 +GST (8 weeks)

New Time

Thursday

- 9:45-11:15am CAT Yoga Therapy
Jan 12 – Mar 1 \$200 +GST (8 weeks)
Mar 15 – May 3 \$200 +GST (8 weeks)
- 5:15 – 6:45pm CAT Yoga Therapy
Jan 12 – Mar 1 \$200 +GST (8 weeks)
Mar 15 – May 3 \$200 +GST (8 weeks)
- 7:30-9pm CAT Yoga Therapy
Jan 12 – Mar 1 \$200 +GST (8 weeks)
Mar 15 – May 3 \$200 +GST (8 weeks)

Friday

- 11:30-1pm CAT Yoga Therapy
Jan 13 – Mar 2 \$200 +GST (8 weeks)
Mar 16 – May 4 \$175 +GST (7 weeks)
(no class April 6 Good Friday)
- 2:00-3:30pm CAT 2 Yoga Therapy
Jan 13 – Mar 2 \$200 +GST (8 weeks)
Mar 16 – May 4 \$175 +GST (7 weeks)
(no class April 6 Good Friday)

Saturday

- 10:00-11:30am CAT Karen Elliot
Jan 14 – Mar 3 \$175 +GST (7 weeks)
(no class Feb 18 Family Day Weekend)
Mar 17 – May 5 \$175 +GST (7 weeks)
(no class April 7 Easter weekend)

**Welcome
Karen!**

**Please note:
Studio is closed for the week of Mar 5-10, 2012
See website for all closures.**

**Spring 2012 Class Schedule will begin
May 7, 2012**

*Schedule and pricing are subject to change
without notice.*

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

Please Check online for the
Winter & Early Spring 2012
CAT Workshop lineup.
Further details coming soon!

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

**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".



Therapeutic
"YOGA SANDALS"
Greatly assists...

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

Sherryn Rault

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