



Winter & Early Spring 2010 Registered Class Schedule January 11 – May 1, 2010

See website for all studio closures.

Monday

• 9:45-11:15am CAT Yoga Therapy

Jan 11 – Feb 22 \$150 +GST (6 weeks)
(no class Feb 15 Family Day)

Mar 1 – Apr 26 \$200 +gst (8 weeks)
(no class Apr 5 Easter Monday)

• 5:15-6:45pm CAT Yoga Therapy

Jan 11 – Feb 22 \$150 +GST (6 weeks)
(no class Feb 15 Family Day)

Mar 1 – Apr 26 \$200 +gst (8 weeks)
(no class Apr 5 Easter Monday)

• 7:30-9pm CAT Yoga Therapy

Jan 11 – Feb 22 \$150 +GST (6 weeks)
(no class Feb 15 Family Day)

Mar 1 – Apr 26 \$200 +gst (8 weeks)
(no class Apr 5 Easter Monday)

Tuesday

• 7:15-8:45pm CAT Yoga Therapy

Jan 12 – Feb 23 \$175 +GST (7 weeks)

Mar 2 – Apr 27 \$225 +GST (9 weeks)

Wednesday

• 9:45-11:15am CAT Yoga Therapy

Jan 13 – Feb 24 \$175 +GST (7 weeks)

Mar 3 – Apr 28 \$225 +GST (9 weeks)

Thursday

• 9:45-11:15am CAT Yoga Therapy

Jan 14 – Feb 25 \$175 +GST (7 weeks)

Mar 4 – Apr 29 \$225 +GST (9 weeks)

• 5:15 – 6:45pm CAT Yoga Therapy

Jan 14 – Feb 25 \$175 +GST (7 weeks)

Mar 4 – Apr 29 \$225 +GST (9 weeks)

• 7:30-9pm CAT Yoga Therapy

Jan 14 – Feb 25 \$175 +GST (7 weeks)

Mar 4 – Apr 29 \$225 +GST (9 weeks)

Friday

• 2:00-3:30pm CAT Yoga Therapy

Jan 15 – Feb 26 \$175 +GST (7 weeks)

Mar 5 – Apr 30 \$200 +GST (8 weeks)
(no class Apr 2 Good Friday)

Saturday

• 10:00-11:30am CAT Yoga Therapy

Jan 16 – Feb 27 \$175 +GST (7 weeks)

Mar 6 – May 1 \$200 +GST (8 weeks)
(No class Apr 3 Easter weekend)

Schedule and pricing subject to change

Therapeutic "YOGA SANDALS"

Available Here

Greatly assists...

- Plantar Fasciitis
- Bunions
- Arthritic feet
- Hammer toes



Contact Sherryn for sizing info and colours available.

Men's sizing too! \$40 +gst

www.sheryoga.com

Critical Alignment Yoga Therapy (CAT) Workshops

All Details Online

Private Yoga & Therapeutic Yoga Sessions

Private Therapy	up to 1 hr	\$75
Private Sessions	1.5 hrs	\$100
Semi Privates	1.5 hrs	\$140
Shared Sessions	2 hrs	\$165
for 3 students		
Therapy Assessment	30mins	50.00
(free of charge when registering for a class)		

Sessions are held at SherYoga Therapy Studio.
Travelling fees apply to sessions held in your home.
Contact Sherryn directly for further information & scheduling

7th Annual Series
2010 CAT & CAY
Teacher Trainings,
Workshops & Retreat
in Radium BC with Gert
van Leeuwen
Details online now!

Sherryn Rault

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