



Surya Daya

YOGA & WELLNESS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<p>12:00 – 1:00pm Pilates (Core strengthening) <i>Lynne</i></p> <p>5:45 – 7:00pm Kundalini Yoga <i>Mary</i></p>	<p>10:00 -11:15am Gentle Hatha Yoga <i>Jen</i></p> <p>1:00 – 2:30pm Restorative Yoga <i>Amber</i></p> <p>6:00 – 7:15pm Yoga For Men <i>Lindsey</i></p> <p>7:30 – 8:45pm Hatha Mixer <i>Lindsey</i></p>	<p>6:30 – 7:30am Rise and Shine <i>Amber</i></p> <p>7:45 – 8:45am Rise and Shine <i>Amber</i></p> <p>12:00 – 1:15pm Kundalini Yoga <i>Lynne</i></p> <p>6:00 - 7:15pm *Special Class Series <i>Teacher Rotation</i></p> <p>Please check our website for series schedule</p>	<p>10:00 –11:15am Hatha <i>Jen</i></p> <p>1:30 – 2:45pm Gentle Yoga For Women <i>Margie / Amelia</i></p> <p>5:45 – 7:00 Yin Yoga <i>Amelia / Margie</i></p>	<p>9:30 – 11:00am Kundalini yoga <i>Teacher Rotation</i></p>	<p>9:00 – 10:15am Kundalini yoga <i>Amber</i></p>	<p>9:00 – 10:00am Slow Flow <i>Ashley</i></p>	<p>Stay tuned for our monthly karma classes, early morning Sunday Sadhana dates and upcoming workshops!</p> <p><i>*Please check our website and facebook page for upcoming topics for our Wednesday night winter mini series from 6:00— 7:15 pm, starting back up January 9th. Our diverse group of teachers will be offering different mini series to help support you on your path for improved health and wellness.</i></p>

View Our Latest Schedule at www.suryadayayoga.ca