

Westboro Schedule, Winter 2012

Starts January 3rd, 2012



SANTOSHAYOGA

WESTBORO

346 Richmond Road, 2nd floor

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 - 7:30 AM Sunrise Intensive <u>PRE-REGISTERED; check the website for dates in February, March</u>	6:30 - 7:30 AM Vinyasa Flow <i>Justine Hoang</i>		6:30 - 7:30 AM Power Yoga <i>Danielle Simpson</i>	
	9:30 - 11 AM Hatha Yoga <i>Sarah Murphy</i>	9:30 - 11 AM Yin & Hatha <i>Amelia Schembri</i>	9:30 - 11 AM Hatha Yoga <i>Sarah Murphy</i>	8:15 - 9:45 AM Shanti Yoga <i>Anne Pitman</i>
	3 - 5:30 PM Yoga for Children with Special Needs <i>Dianne MacDonald</i> <u>PRE-REGISTERED; check website for dates</u>	12:15 - 1:15 PM Hatha Flow <i>Sarah Murphy</i>		
5:45 - 7:15 PM Hot Flow Yoga <i>Ichih Wang</i>	5:45 - 7:15 PM Ashtanga <i>Carla Nigro</i>	5:45 - 7:15 PM Ashtanga / L2 <i>Donna Hughes</i>	5:45 - 7:15 PM Hatha All Levels <i>Christine Anderson</i>	5:45 - 7:15 PM Hot Flow Yoga <i>Ichih Wang</i> Hatha All Levels <i>Ruby Clifford</i>
7:30 - 9 PM Yin & Meditation <i>David Jewitt</i>	7:30 - 9 PM Restorative/Stress Relief Yoga <i>Anne Pitman</i>	7:30 - 9 PM Meditation and Study Group	7:30 - 9 PM Ashtanga Level I <i>David Jewitt</i>	7:30 - 9 PM Introduction to Buddhism <i>David Jewitt and Drew Bernard</i> <u>PRE-REGISTERED; check website for dates</u>
7:30 - 9 PM Hatha Level I <i>Ruby Clifford</i>	7:30 - 9 PM Intro to Ashtanga <i>David Jewitt OR</i> Intro to Hatha <i>BJ Porter</i> <u>PRE-REGISTERED; check website for dates</u>	7:30 - 9 PM Ashtanga All Levels <i>Markus Sanchez</i>		Also... check the website for <i>Friday Evening Special Events and Workshops</i>

SATURDAY

9 - 10:30 AM
Power Yoga
B.J. Porter

9:30 - 11 AM
Hatha Yoga
Markus Sanchez

11 AM - 12:30 PM
Ashtanga
Bethany Quinn

11:15 AM - 12:30 PM
Hot Yoga
Terry Hind

SUNDAY

9 - 10:30 AM
Hatha All Levels
Christine Anderson

10 - 12 AM
Yin & Ashtanga
David Jewitt

12:15 - 1:30 PM
Hot Yoga
Leona Alexander

1:45 - 2:45 PM
Hatha by donation
Rebekkah Grace

5:30 - 7:00 PM
Yin Yoga
David Wegenast

Ask about...

Ask about our **Corporate Yoga** (at our studios or your workplace), and our Semi-Private and Private instruction.