



Fall 2010  
Yoga Class Schedule



Monday				
	Sampler Yoga	6-7:15 pm	12 weeks	Sept. 13-Dec. 6, 2010 no class Oct. 11
Tuesday				
	Intro to Hatha	6-7:15 pm	8 weeks	Sept. 21-Nov. 9, 2010
	Intro Restorative	7:30-8:45 pm	8 weeks	Sept. 21-Nov. 9, 2010
Wednesday				
	Hatha Yoga	9:30-10:45 am	14 weeks	Sept. 15-Dec.15, 2010
	Restorative Yoga	7:30-8:45 pm	14 weeks	Sept. 15–Dec. 15, 2010
Friday				
	Candlelight Hatha	5:30-6:45 pm	8 weeks	Oct. 15 – Dec. 3, 2010
Saturday				
	Chakra Hatha	11:30am-12:45 pm	8weeks	Oct. 2 – Nov. 20, 2010

- Personalized, registered yoga classes with a maximum average of 8
- Experienced, Certified Instructors
- Complimentary use of disinfected yoga mats & props.
- Herbal tea to finish every class.

**Fee Schedule**

8 week series	\$99
12 week series	\$147
14 week series	\$169
Drop In	\$15, based on availability

Call or email to register 604.461.5511 – [info@veraciswellness.com](mailto:info@veraciswellness.com)

Visit website for registration policy and guidelines. Prices do not include taxes.