



# Rising Sun Yoga

## Fall 2010

### Almonte

view our latest schedule at  
[www.risingsunyoga.ca](http://www.risingsunyoga.ca)

Sunday	Monday	Wednesday	Thursday	Friday	Saturday
<p>Late Joiners and drop-ins are welcome in most classes. Please call or email to reserve your spot.</p> <p><b>Registration:</b>            All classes except the Yoga for Healing and Stress Relief  <b>Registration: 12 classes/\$138</b> unless otherwise noted            Healing Yoga Workshop: 8 weeks, \$160 - includes book and audio            Drop-in fee is \$13/class</p>			<p>10:30 am-12:30 pm  <b>Akhanda Yoga for Healing &amp; Stress Relief</b> with Barb            (7 Oct - 2 Dec)            no class 11 Nov</p>	<p>9am-12 pm            Private yoga classes and one-on-one coaching with Barb</p>	<p><b>Akhanda 1&amp;2</b>            Sept 25 - Nov 20            (no class Oct 9)            8-9am  <b>Chi running intro</b> 9-9:45am            8 classes (yoga plus chi running) \$96            Chi running* only - \$40</p>
		<p>12-1pm  <b>Kundalini Core Strength</b> with Mary            (15 Sep-1 Dec)</p>			
		<p>1:15-2:30 pm  <b>Akhanda Gentle</b> with Barb            (15 Sep-1 Dec)</p>	<p>1-3 pm            Private yoga classes and one-on-one coaching with Barb</p>		
<p>6:00-7:15pm  <b>Akhanda Yin Yoga</b> with Barb            (12 Sep-5 Dec)            no class 10 Oct</p>	<p>5:45-6:45pm  <b>Kundalini Core Strength</b> with Mary            (13 Sep-6 Dec)            no class 11 Oct</p>		<p>6-7:15pm  <b>1/2 Akhanda Power + 1/2 Akhanda Yin</b> with Barb            (16 Sep-2 Dec)</p>		

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