



Rising Sun Yoga

Winter 2010

Almonte

view our latest schedule at
www.risingsunyoga.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Late Joiners and drop-ins are welcome in most classes. Please call or email to reserve your spot.</p>				<p>10:30-12:00 am Akhanda Yoga for Healing & Stress Relief with Barb (21 Jan-11 Mar)</p>	<p>9am-12 pm Private yoga classes and one-on-one coaching with Barb</p>
			<p>12-1pm Kundalini Core Strength with Mary (13 Jan-10 Mar)</p>		
			<p>1:15-2:30 pm Akhanda Gentle Beginner's with Barb (13 Jan-10 Mar)</p>	<p>1-3 pm Private yoga classes and one-on-one coaching with Barb</p>	<p>2-3:15pm Power Yoga with Barb (8 Jan-12 Mar)</p>
<p>6:00-7:15pm Akhanda Yin Yoga with Barb (10 Jan-7 Mar) no class 14 Feb</p>	<p>5:45-6:45pm Kundalini Core Strength with Mary (11 Jan-8 Mar) no class 15 Feb</p>			<p>6-7:15pm 1/2 Akhanda Power + 1/2 Akhanda Yin with Barb (7 Jan-11 Mar)</p>	
				<p>Registration: Sunday and Monday classes are \$88/8 weeks. Wednesday classes are \$99/9 weeks Thursday and Friday classes are \$110/10 weeks. Drop-in fee is \$13/class</p>	

Barb Pierce at 613.256.7862 or coachinghorizons@sympatico.ca
 Mary Biggs at 613.256.4993 or marybiggs@sympatico.ca

