



Vijnana Yoga Centre      YurtLand      Gabriola Island      235 James way

~Yurt Land will be closed from December 25<sup>th</sup> to December 30<sup>th</sup> ~

**SUNDAY DECEMBER 31- 2017** 9am - 12 Setting Sankalpa (Intent) with Allie & Danielle All levels \$35  
register please- [allie.vijnanayoga@gmail.com](mailto:allie.vijnanayoga@gmail.com)

**Mondays-** 6.30- 8.00 pm Foundation of Practice in the Vijnana tradition      with Allie  
(last class Dec 18th)

**Tuesdays-** 5.00- 6.00 pm Easy beginner class      with Tasha  
(session only)

**Wednesdays-** 2.00- 4.00 pm 50+ Gentle Practice      with Allie  
(last class Dec 20th)

**Thursdays-** 9.30- 11.00 am Ease into Flow- Beginner      with Laura  
(last class November 30th)

3.00- 4.00 pm A place to start      with Tasha  
(session only)

**Fridays-** 9.30- 11.00 am Energy & Movement      with Allie  
(last class Dec 22)

Drop in- \$ 15 for 1.5h and \$ 20 for 2h class

**contact teachers for sessions & registration-**

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