



Vijnana Yoga Centre YurtLand Gabriola Island 235 James way

~Starting September 11th~

Mondays- 6.30- 8.00 pm Foundation of Practice in the Vijnana tradition with Allie

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

Wednesdays- 2.00- 4.00 pm 50+ Gentle Practice with Allie
(until October 4)

Thursdays- 9.30- 11.00 am Ease into Flow- Beginner with Laura
* no class October 5th-

Thursdays- 3.00- 4.00 pm A place to start with Tasha
(session only)
5.00- 6.30 pm strong beginner to intermediate with Tasha

Fridays- 9.30- 11.00 am Energy & Movement with Allie
(until October 6)

Saturdays- 10.00- 11.30 am Standing poses with Judy
* no classes october 21 & 28

contact teachers for sessions-

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

Tasha tashamaeyoga@gmail.com

Allie allie.vijnanayoga@gmail.com

laura lulahandford@shaw.ca

Judy judymae@telus.net

