



Drop In Class Schedule

Extra classes running March 18 - April 5, 2013

All classes taught by new teachers from the YBS Yoga Teacher Training Program

Classes are a suggested donation of \$5.00 and open to everyone – invite your friends!

***These classes are included with your YBS membership or package (no extra fee!)**

Monday	7:00am	Hatha	*no class April 1
	12:00pm	Vinyasa (non-hot)	*no class April 1
Wednesday	4:00pm	Hatha	
	5:30pm	Hatha	
Thursday	4:00pm	Hatha	
	8:30pm	Hot Vinyasa	
Friday	4:00pm	Hot Vinyasa	*no class March 29
	11:30am	Hatha	*only March 29
	11:30am	Hot Vinyasa	*only March 29
Saturday	5:30pm	Hatha	*only March 23

All proceeds will be donated to RAFT, a Niagara based charity offering services and resources to at risk youth www.theraft.ca

**905-682-4469 • www.yogabysarah.com
20 Grote St., St. Catharines**

Across from the Fairview Mall, behind Dairy Queen