

MONDAY

SLOW FLOW
8:15-9:30
Annette

VINYASA/YIN
12:15-1:15
Steph

YOGA WALL
4:30-5:30
Andrea

COMMUNITY
4:30-5:30
Morgan

COMMUNITY
7:30-8:30
Brian

TUESDAY

KRIPALU GENTLE
8:15-9:30
Martha

YOGA THERAPEUTICS: NECK & SHOULDERS
12:15-1:15
Alison

YOGA THERAPEUTICS: SPINE & HIPS
4:30-5:30
Janet

VINYASA I/II
5:45-7
Hanna

YOGA WALL
5:45-7
Meg

YIN
7:15-8:15
Kate

WEDNESDAY

KRIPALU I/II
7-8
Bonnie

VINYASA/YIN
12:15-1:15
Morgan

COMMUNITY
4:30-5:30
Christine

COMMUNITY
7:30-8:30
Gaby

THURSDAY

KRIPALU I/II
6:45-8
Martha

MEDITATION*
8:15-8:45
Martha

KRIPALU I/II
9-10:15
Martha

YOGA THERAPEUTICS: SPINE
12:15-1:15
Meg

YOGA WALL
4:30-5:30
Alison

VINYASA I/II
5:45-7
Gaby

DE-STRESS
7:15-8:15
Patrick

FRIDAY

VINYASA I/II
7-8
Adam

YOGA WALL
12:15-1:15
Michelle

COMMUNITY
4:30-5:30
Bonnie

SATURDAY

BEGINNER
7:45-8:45
Rachel

VINYASA I/II
9-10:15
Brian

SUNDAY

VINYASA I/II
8:45-10
Hanna

BEGINNER
9-10
Kate

SLOW FLOW
10:30-11:45
Kate

DE-STRESS
4:30-5:30
Kelly

VINYASA I/II
5-6:15
Nicole

MINDFULNESS PRACTICE*
6:30-8:30

TRAININGS

YOGA FOR LIFE
WINTER MODULE
JAN 1 - APR 30

UNLIMITED
DROP-IN
CLASSES
8 SATURDAY
WORKSHOPS
MENTORSHIP

**DIVE DEEPER INTO
YOUR PRACTICE!**

**200-HOUR YOGA
TEACHER TRAINING**
OCT 2018 -
MAY 2019

FACULTY OF
HEALTH
PROFESSIONALS

8 WEEKENDS

**EARLY BIRD PRICING
ENDS JUNE 1**



evolution

PHYSICAL THERAPY + YOGA

pricing
community \$5
single class \$15
10-class card \$140
* free/donation

unlimited
new members \$65/first month
membership \$99/month
one month unlimited \$130

evolution
WINTER/SPRING
2018
JANUARY 2 - MAY 27
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