

August

2016

Ommamma Yoga Schedule

2631 E 21st ave Van BC kfenlon1@me.com 604-943-3221

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18 9:30-10:45 chair yoga/gentle yoga	19	20 Reserved for family yoga
21	22 No classes scheduled	23 10:30-11:45 hatha flow 6:00-7:45 hatha	24 11:30-12:45 hatha	25 9:30-10:45 chair yoga/gentle yoga	26 9:30-10:45 hatha	27 Reserved for family yoga
28	29 No classes scheduled	30 10:30-11:45 hatha flow 6:00-7:45 hatha	31 11:30-12:45 hatha			

Please bring family/friends.....see you on the mat! Classes....\$10 drop in.....\$100 for 10 class card...11th class free.....