



Ashtanga Yoga Montreal

à partir du 7 septembre 2010
starting September 7 2010

Fermé pour les fêtes suivantes : le 11 octobre, 2010

Closed on : October 11, 2010

**flow ** la première série dans son intégralité*

**flow class **full Primary Series*

lundi / Monday	Mardi/ Tuesday	Mercredi/ Wednesday	Jeudi / Thursday	Vendredi/ Friday	Samedi/ Saturday	Dimanche /Sunday
Mysore Jessie 7 - 10 am	Rise and Shine Eugene 7 - 8 am	Rise and Shine Jessie 7 - 8 am	Rise and Shine Eugene 7 - 8 am	Mysore Allison 7 - 10 am	* Level 2/3 Jeanne 9:00 - 11:00 am	Level 2/3 Eugene 9:00 - 11:00 am
	Independent Practice 8:00 - 10:00	Independent Practice 8:00 - 10:00	Independent Practice 8:00 - 10:00		* Level 1 Jeanne 11:30 - 1pm	* Level 1/2 Jessie 11:30 - 1pm
*Level 2 Jessie 10:00 - 11:30 am	Level 1/2 Allison 10:00 - 11:30 am	Hip Openers (multi) Jeanne 10:00 - 11:30 am	Multi-Level Allison 10:00 - 11:30 am	Level 1/2 Jessie & Eugene 10:00 - 11:30 am		
Multi-Level Michael 12:15 - 1:15	Multi-Level Megan 12:15 - 1:15	Multi-Level Julien 12:15 - 1:15	Multi-Level Kate 12:15 - 1:15	Multi-Level Cindy G. 12:15 - 1:15	Workshop 2:00 - 3:30 pm	Restorative Yoga Michael 3:00 - 5:00 pm
* Level 2 Jeanne 5:30 - 7:00 pm	Level 1 Eugene 5:30 - 7:00 pm	Restorative Jeanne 5:30 - 7:30 pm	Level 2 Sonia 5:30 - 7:00 pm	AcroYoga (multi-level) Jill & Costa → 6:00 - 7:30 pm	starts Fridays October 22, 2010 commence vendredi le 22 octobre 2010	
* Level 1 Sheryl 6:00 - 7:30 pm	* Level 2/3 Allison 6:00 - 7:30 pm	* Level 2/3 Terri 6:00 - 7:30 pm	* Level 1 Jeanne 6:00 - 7:30 pm	* Level 1 Vanessa 6:00 - 7:30 pm		
* Level 3 Jessie 6:30 - 8:00 pm	Meditation Allison 7:35 - 8:35 pm	Level 1 Allison 6:30 - 8:00pm	* Level 3 Jessie 6:30 - 8:00 pm	** Level 3 Terri 6:30 - 8:00 pm		