

# Sunlilyoga

## A Kripalu Yoga Programme

### Winter/Spring 2012

MON	TUES	WED	TH	FRI	SAT
7:30 pm All Levels Richmond Hill	9:30 am All Levels Richmond Hill  7:30 pm All Levels Thornhill	7:30 pm Level Two Moderate/Vigorous (previous Kripalu Yoga experience required) Richmond Hill		9:30 am All Levels Thornhill	9:00 am All Levels Richmond Hill

**DATES:** Winter session starts Wednesday, January 4<sup>th</sup> and ends Wednesday, April 4<sup>th</sup> (13 weeks)  
Spring session starts Tuesday, April 10<sup>th</sup> and ends Tuesday, June 26<sup>th</sup> (12 weeks)

**COST:** Fee covers **unlimited weekly yoga classes** – attend as often as you wish!  
Winter - 208.00 + HST (27.04) = \$235.04  
Spring - 192.00 + HST (24.96) = \$216.96  
If you wish you may pay for both sessions in January – \$415.00 (taxes included)

**NOTES:** There will be no classes on:  
- Family Day – Monday, February 20<sup>th</sup>  
- No classes April 5<sup>th</sup> – April 9<sup>th</sup> (one week break)  
- Victoria Day Weekend – Saturday, May 19<sup>th</sup> and Monday, May 21<sup>st</sup>

- Classes are one hour and fifteen minutes long.
- Out of courtesy for participants with respiratory sensitivities
- Please refrain from wearing scented products to class.
- We respectfully request that cell phones and electronic devices be de-activated before entering class.
- Private classes available upon request.

*If arriving late please wait quietly until opening centering is complete before gently setting down your mat. Thank you.*

**UPCOMING:** Yoga and Meditation Retreat – Sugar Ridge Retreat Centre in Orillia, April 27-29<sup>th</sup>, 2012

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**FOR MORE INFORMATION:** Please call Aida Neves at (905) 770-9210  
e-mail - [info@sunlilyoga.ca](mailto:info@sunlilyoga.ca) or visit our website - [www.sunlilyoga.ca](http://www.sunlilyoga.ca)