

Sunlilyoga

A Kripalu Yoga Programme

Autumn 2010

MON	TUES	WED	TH	FRI	SAT
7:30 – 8:45 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: Session starts Tuesday, September 7th and ends, Tuesday, December 14th

COST: Fee covers **unlimited weekly yoga classes** – attend as often as you wish!
14 week session – \$225.00 + HST (29.25) = \$254.25

NOTES: There will be no classes on Thanksgiving weekend:
Saturday, October 9th and Monday, October 11th.

Holiday Candle light class – Donations for Yellowbrick house and
Richmond Hill Food bank – Wednesday, December 15th, 7:30 pm
@ St. Mary's Anglican Church

- 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 deactivated before entering class.
- Private classes available upon request.

UPCOMING: Yoga and Meditation Weekend Retreat – October 29 – 31, 2010
Stillpoint Retreat Centre in Prince Edward County

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

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FOR MORE INFORMATION: Please call Aida Neves at (905) 770-9210 or
aida@sunlilyoga.ca or visit our website www.sunlilyoga.ca