



Spirit Path
follow your essence...

Yoga Schedule

Classes will be offered in three styles of yoga; Hatha, Yin and Kundalini Yoga (morning and evening classes)

2012 Class Schedule (subject to change):

Tuesday Hatha Yoga	Wednesday Hatha Yoga	Thursday Kundalini Yoga
9:30-11:00 AM Intermediate		9:30-11:00 AM All levels
5:30-7:00 PM Intermediate	5:30-7:00 PM Beginners	5:30-7:00 PM All levels

Cost: 10 week session (classes are 1 ½ hour duration) \$125.00 (inc.GST) If you would like to do 2 classes per week there is a great discount the second class for half the price so 20 classes for \$190.00.

My space is large enough that you can attend any of the classes in order to get all your classes in the 10 weeks so if you have to miss a week you can do 2 another week. It is your responsibility to get all your classes in during the session.

Please pre-register: Judith 892-3147 or jmerrill@islandtelecom.com

Drop In welcome cost is \$15.00 per class.

Please bring your own yoga mat all other props are provided.

Location: Trinity United Church, located on the corner of Richmond and Prince Street, Charlottetown (upstairs in the Upper Hall)

Judith Merrill

RMT - Registered Massage Therapist
Certified Yoga Instructor
Mind/Body Consultant

902.892.3147
www.spiritpath.ca