



**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):

| <b>Tuesday<br/>Hatha Yoga</b> | <b>Wednesday<br/>Hatha Yoga</b> | <b>Thursday<br/>Kundalini Yoga</b> |
|-------------------------------|---------------------------------|------------------------------------|
| 9:30-11:00 AM<br>Intermediate |                                 | 9:30-11:00 AM<br>All levels        |
| 5:30-7:00 PM<br>Intermediate  | 5:30-7:00 PM<br>Beginners       | 5:30-7:00 PM<br>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](mailto: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](http://www.spiritpath.ca)