



Sangha Chi Yoga Studio & Healing Centre

Strength & Calm with a Joyful twist!

Yoga for Health and Happiness



Fall and Winter Schedule 2010 - 2011

Season runs from September 10, 2010 to March 11, 2011 including schedule changes as outlined below. *Please call to pre-register.*

Newmarket Budokan Judo Club
Tel: 289-231-4738 • www.newmarketbudokan.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00 am - 11:30 am Healing Hatha Yoga with Meditation (all levels) (call to pre-register)	WORKSHOPS & RETREATS TBA	10:00 am - 11:30 am Healing Hatha Yoga with Meditation (all levels) (call to pre-register)	8:30 am - 10:00 am Healing Hatha Yoga with Meditation (all levels) (call to pre-register)
					Sunday
6:00 pm - 6:45 pm Junior Dog Pack JUDO 6 - 8 years	Resuming September - 5:30 pm - 6:30 pm Meditation pre-register only	6:00 pm - 6:45 pm Junior Dog Pack JUDO	4:30 pm - 6:00 pm Hatha Yoga (all levels) with Meditation (call to pre-register)	6:00 pm - 6:45 pm Junior Dog Pack JUDO	Unity Gathering 10:30 am Call 905-830-0331 www.unityspiritualcentre.ca
7:00 pm - 8:00 pm Intermediate JUDO 9 - 15 years	7:00 pm - 8:30 pm Hatha Yoga (all levels) with Meditation (call to pre-register)	7:00 pm - 8:00 pm Intermediate JUDO	7:00 pm - 8:30 pm Healing Hatha Yoga with Meditation (all levels) (call to pre-register)	7:00 pm - 8:00 pm Intermediate JUDO	
8:00 pm - 9:30 pm Adult JUDO 16 years and up		8:00 pm - 9:30 pm Adult JUDO		8:00 pm - 9:30 pm Adult JUDO	

Scheduled changes for cancellation of classes & long weekend holidays will be posted in the studio and on the website.

Scheduled closures: Closed on the following: Friday, October 1st to Monday, October 4th We are opened Thanksgiving Saturday, Oct. 9th 8:30 am class. Closed December 24th to December 27th. Closed December 31st to January 3rd, 2011. Any Saturday cancellations, only registered students will be notified.

Namaste ☸

620 Steven Court, Unit #3, Newmarket, Ontario L3Y 6Z2 • Tel: 289-231-4778 • Website: www.sanghachiyoga.com