



Sangha Chi Yoga Studio Healing Centre

Strength & Calm with a Joyful twist!

Yoga for Health and Happiness



Spring and Summer Schedule 2010

Season runs from March 31/10 to August 15/10 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
THIS CLASS TO RESUME IN SEPTEMBER 2010 10:00 am - 11:30 am Healing Hatha Yoga with Meditation (all levels) (call to pre-register)		10:00 am - 11:30 am Healing Hatha Yoga with Meditation (all levels) (call to pre-register)	WORKSHOPS & RETREATS TBA	THIS CLASS TO RESUME IN SEPTEMBER 2010 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)
6:00 pm - 6:45 pm Junior Dog Pack JUDO 6 - 8 years	Resuming September - 5:30 pm - 6:30 pm Meditation & Chanting <i>pre-register only</i>	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	Sunday 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	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: Victoria Day - May 24th, w/o May 26th to 31st, July 1st, August 3rd to 13th. Closed Labour Day weekend - Sept. 4th to 6th. Classes will run through the summer depending on registration. 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