



Sangha Chi Yoga Studio & Healing Centre

Strength & Calm with a Joyful twist!

Yoga for Health and Happiness

Winter Schedule 2011-12

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)
6:00 pm - 6:45 pm Junior Dog Pack JUDO 6 - 8 years		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
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 - 8:00 pm Intermediate JUDO	Unity Gathering 10:30 am Call 905-830-0331 www.unityspiritualcentre.ca
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: We are opened Thanksgiving Saturday, Oct. 8th 8:30 am for class.

Closed Sat., December 24th to December 26th - open Tues., Dec. 27th for 7pm class. Closed Sat., December 31st to January 2nd, 2012 - open Tues., Jan. 3rd. for 7pm class

For 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