



**Autumn Schedule** is in effect Sept 4<sup>th</sup> – Dec 23<sup>rd</sup> 2018. Subject to change. Updated Oct 29<sup>th</sup>.

Please note that we are closed on statutory holidays.

Address: 2807 44<sup>th</sup> Ave, Vernon BC, V1T 7P4 Web: www.innerlightyoga.info

Phone/Text: 250-306-5325 or 250-307-7485 Email: innerlightyogaandwellness@gmail.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 – 10:00am <i>Pilates</i> (on mat) Rhona	9:00 – 10:15am <i>Moderate Flow Yoga</i> Deb	9:00 – 10:00am <i>Barre Above</i> Rhona	9:00 – 10:15am <i>Yin Yoga for Deep Stretch</i> Deb	9:00 – 10:15am <i>NewBack Yoga (Active)</i> Roger	9:30 – 10:45am <i>Yin Yoga for Deep Stretch</i> Deb	
10:30 - 11:45am <i>Yin and Yang Balance</i> Colleen	10:30 – 11:45am <i>Gentle+ Yoga</i> Colleen	10:30 – 11:45am <i>Gentle with Yoga Nidra</i> Colleen	10:30 – 11:45am <i>Gentle Yoga</i> Deb	10:30 - 11:45am <i>Moderate Flow Yoga</i> Rhona		10:00 - 11:15am <i>Gentle Yoga</i> Colleen/Deb
4:00 – 5:15pm <i>Gentle Yoga</i> Carrie	4:00 - 5:15pm <i>NewBack Yoga (Restore)</i> Roger	4:00 – 5:15pm <i>Gentle Yoga</i> Carrie	4:00 – 5:15pm <i>NewBack Yoga (Restore)</i> Roger	4:00 – 5:15pm <i>NewBack Yoga (Restore)</i> Roger		
5:30 – 6:45pm <i>NewBack Yoga (Restore)</i> Roger	5:30 – 6:45pm <i>Mindful Flow Yoga</i> Debbie	5:30 – 6:45pm <i>NewBack Yoga (Active)</i> Roger	5:30 – 6:45pm <i>Stretch and Restore</i> Shannon	6:00 – 7:15pm <i>Beginner Belly Dance Series*</i> Sandra Oct 12 – Nov 16		
7:00 – 8:15pm <i>Yoga for Stress Relief Series*</i> Debbie Oct 1 – Nov 12	7:00 – 8:15pm <i>Yin Yoga for Deep Stretch</i> Deb		7:00 – 8:30pm <i>Meditation &amp; Mindfulness Series*</i> Trudi Oct 25 – Nov 22	7:30 - 8:45pm <i>Belly Dance (Intermediate Drop-in)</i> Sandra		6:30 – 8:00pm <i>Restorative Yoga</i> Shannon

Pricing for Drop-in Classes (not for class series *)		
	Adult	Student/Senior(65+yo)
Drop-in	\$15 +GST	\$14 +GST
5-class Pass	\$64 +GST (\$12.80 per class)	\$59 +GST (\$11.80)
10-class Pass	\$115 +GST (\$11.50 per class)	\$105 +GST (\$10.50)
20-class Pass	\$195 +GST (\$9.75 per class)	\$183 +GST (\$9.15)
30-class Pass	\$249 +GST (\$8.30 per class)	\$234 +GST (\$7.80)
1-month Unlimited Pass	\$89 +GST	\$84 +GST
3-month Unlimited Pass	\$237 +GST (\$79 per month)	\$225 +GST (\$75)
6-month Unlimited Pass	\$444 +GST (\$74 per month)	\$414 +GST (\$69)
12-month Unlimited Pass	\$768 +GST (\$64 per month)	\$708 +GST (\$59)

**Drop-in Classes:** **Green:** Gentle, **Blue:** Moderate level.  
**Purple:** Yin, Connective Tissue Stretch.  
**Yoga Nidra:** Guided Deep Relaxation.

**\*Class Series: \$69 +GST by pre-registration**

**One Time New Client & Beginner Special**  
Choose a One Month Unlimited Pass  
OR a 6-class Punch Pass: **\$49 +GST**  
Bring a friend! Two people: **\$89 +GST**

**Please... Arrive 5 - 15 minutes before class.**  
**Allow** time to fill in registration form, if you are new.  
**Keep** your registration information up to date.  
**Sign in** before each class & **turn off** electronics.  
**Avoid** eating a heavy meal within 2 hours prior to class.  
**Inform** us of injury & **modify** your practice as needed.  
**Remember** that the studio is a scent free zone.  
**Don't** let price keep you away. **Talk** to us about options.