



Spring Schedule April 1st – June 30th 2019

Please note that we are closed on statutory holidays.

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

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

Class Color Code: **Green:** Gentle level, **Blue:** Moderate level, **Pink:** Restorative, **Purple:** Yin Yoga, **Orange:** Class series

All classes are by drop-in, except series which are by pre-registration. This Schedule is subject to change as necessary.

Please see website for Special Events, as well as for Yoga Therapy and Wellness Services.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 – 10:00am <i>Pilates</i> (for core fitness) Rhona	9:00 – 10:15am <i>Moderate Flow Yoga</i> Deb	9:00 – 10:00am <i>Barre Above</i> (for overall fitness) Rhona	9:00 – 10:15am <i>Yin Yoga</i> Deb	9:00 – 10:15am <i>NewBack Yoga - Active</i> Roger	9:30 – 10:45am <i>Yin Yoga</i> Deb	
10:30 - 11:45am <i>Yin & Yang Balance</i> Shannon	10:30 – 11:45am <i>Gentle+ Yoga</i> Shannon	10:30 – 11:45am <i>Gentle Yoga With Deep Relaxation</i> Gwen	10:30 – 11:45am <i>Gentle Yoga</i> Deb	10:30 -11:45am <i>Pilates Infused Yoga</i> Rhona	11:00am -12:45pm <i>Heartful Yoga Nidra</i> Series with Elara Mar 30 – May 4	10:00 – 11:15am <i>Gentle Yoga</i> Deb
12:00 – 1:00/1:15pm <i>NewBack Yoga - Active</i> Shannon		12:00 – 1:00/1:15pm <i>Yin Yoga</i> Shannon				
4:00 – 5:15pm <i>Gentle Yoga</i> Carrie	4:00 - 5:15pm <i>NewBack Yoga - Recover & Restore</i> Roger	4:00 – 5:15pm <i>Gentle Yoga</i> Carrie	4:00 – 5:15pm <i>NewBack Yoga - Recover & Restore</i> Roger	4:00 – 5:15pm <i>NewBack Yoga - Recover & Restore</i> Adrienne		
5:30 – 6:45pm <i>NewBack Yoga - Recover & Restore</i> Roger	5:30 – 6:45pm <i>Moderate Flow Yoga</i> Shannon	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</i> Series with Sandra Mar 29 – May 10		
7:00 – 8:15pm <i>Yoga Bliss</i> Debbie	7:00 – 8:15pm <i>Yin Yoga</i> Deb	7:00 – 8:15pm <i>Yoga and Essential Oils Series</i> with Adrienne Apr 17 – May 29	7:00 – 8:45pm <i>Roll and Release Series</i> with Shannon Apr 11 – May 9	7:30 - 8:45pm <i>Belly Dance</i> (choreography) Sandra		6:30 – 8:00pm <i>Restorative Yoga</i> Shannon