



Winter Schedule January 2nd – March 31st 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, **Grey:** Class series

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

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 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 & Yang Balance</i> Colleen	10:30 – 11:45am <i>Gentle+ Yoga</i> Colleen	10:30 – 11:45am <i>Gentle with Yoga Nidra</i> Colleen/Gwen	10:30 – 11:45am <i>Gentle Yoga</i> Deb	10:30 -11:45am <i>Pilates infused Yoga</i> Rhona	11:00am – 12:30pm <i>Heartful Yoga Nidra for Healing</i> Series with Elara Jan 19 - Mar 2	10:00 – 11:15am <i>Gentle Yoga</i> Deb/Colleen
12:00 – 1:00/1:15pm <i>NewBack Yoga (Active)</i> Shannon Starts Jan 14th	12:00 – 1:00/1:15pm <i>Restorative Yoga</i> Shannon Starts Jan 15th	12:00 – 1:00/1:15pm <i>Yin Yoga for Deep Stretch</i> Shannon Starts Jan 16th	12:00 – 1:00/1:15pm <i>Moderate Flow Yoga</i> Shannon Starts Jan 17th	12:00 - 1:30pm <i>Yoga Therapy Private Consults</i> (by appointment) Roger	1:00 – 4:00pm <i>Yoga Therapy Private Consults</i> (by appointment) Roger	
1:30 - 3:30pm <i>Yoga Therapy Private Consults</i> (by appointment) Roger	1:30 - 3:30pm <i>Yoga Therapy Private Consults</i> (by appointment) Roger	1:30 - 3:30pm <i>Yoga Therapy Private Consults</i> (by appointment) Roger	1:30 - 3:30pm <i>Yoga Therapy Private Consults</i> (by appointment) Roger	1:30 - 3:30pm <i>Yoga Therapy Private Consults</i> (by appointment) Roger	1:30 – 3:30/4:30pm <i>Eat Your Way to Great Health</i> Series with Roger Feb 9, Feb 23, Mar 9	1:30 – 3:30pm <i>Yoga & the Five Elements</i> Series with Gwen Jan 20 – Feb 17
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 Jan 25 – Mar 1		
7:00 – 8:15pm <i>Yoga for Stress Relief</i> Series with Debbie Jan 14 – Feb 25	7:00 – 8:15pm <i>Yin Yoga for Deep Stretch</i> Deb		7:00 – 8:30pm <i>Meditation & Mindfulness</i> Series with Trudi Jan 31 – Feb 28	7:30 - 8:45pm <i>Belly Dance (Intermediate level)</i> Sandra Starts Jan 11th		6:30 – 8:00pm <i>'Candlelight' Restorative Yoga</i> Shannon