NOVEMBER/DECEMBER

YOGA

AT THE CHAPEL

WINTER SADHANA

Monday to Friday
Dec 14-18
6:15-7:45am

IN-STUDIO & ONLINE

Single classes $25 +gst
Full series $100 +gst



ALL LEVELS

Mondays | 6:00-7:00pm IN-STUDIO & ONLINE

LEVEL 1

Tuesdays | 9:00-10:00am IN-STUDIO & ONLINE

LEVEL 1

Thursdays | 4:45-5:45pm IN-STUDIO

LEVEL 2-3

Thursdays | 6:00-7:30pm IN-STUDIO & ONLINE

Classes run November through December 2026
Last class December 18 before holiday break
No class on November 10

COST
level 1 classes (60 min): $18 + gst
level 2-3 classes (90 min): $20/class + gst

REGISTER
yogad.ca



IYENGAR YOGA WITH DE

Chapel Street Hall 20 Chapel Street