



JOY TO THE WORLD

Help us bring joy to families in need this December.

As a demonstration of gratitude and in the spirit of giving, the Canadian Yoga Institute will be partnering once again with Tots for Tots.

An Unlimited Pass for all yoga classes held in December will be available for with all proceeds going to our local "Toys for Tots" charity.

Thank you to all our amazing instructors for donating their time!

See our schedule at

canadianyogainstitute.com



1238B - 3 Avenue South Lethbridge. 403-394-9642

class schedule december 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 1:30-3pm Hatha Debra 5:30-6:45pm Gentle Yoga Debra 6 - 7:15pm Flow @theGalt Robyn	3 4:15 - 4:45pm Kids Yoga Ages 5-9 Lindsey 5:30 - 6:45pm Yoga Therapy Debra 7-8:15pm Prenatal Jenna	4 4:15 - 5pm Kids Yoga Ages 10-13 Lindsey 6 - 7:15pm Yin Yang Debra	5 9:30-11am Gentle Restorative Debra 5:30-6:45pm Yin 7-8:15 Flow Lanna	6 3:45 - 5pm Flow Yoga Melinda	7 8:45 - 9:45am Tai Chi Medical QiGong Gerard 10 - 11:15am Flow Yoga Robyn
9 1:30-3pm Hatha Debra 5:30-6:45pm Gentle Yoga Debra 7-8:15pm Flow Debra	10 6 - 7:15pm BlissFlow Rachel	11 6 - 7:15pm Flow Yoga Robyn	12 6 - 7:15pm Flow Lanna	13 3:45 - 5pm Flow Yoga Melinda	14 8:45 - 9:45am Tai Chi Medical QiGong Gerard 10 - 11:15am Flow Yoga Debra
16 1:30-3pm Hatha Debra 5:30-6:45pm Gentle Yoga Debra 7-8:15pm Flow Debra	17 5:30 - 7pm Yoga Therapy Debra 7:15-8:30 Prenatal Jenna	18 6 - 7:15pm Flow Yoga Robyn	19 6 - 7:15pm Flow Lanna	20 6 - 7pm Divine Sleep Yoga Nidra Gerard	21 10 - 11:15am Flow Yoga Robyn



**\$45
UNLIMITED
PASS**

or minimum \$15 cash or
new unwrapped toy
donation per class

100% of funds collected
goes to Toys for Tots