



SCHEDULE

Satya Yoga Summer Schedule June 24th - August 23rd

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 to 8:15		POWER VINYASA FLOW with Tami					
8:30 to 9:45						POWER VINYASA FLOW with Jugjeet	KUNDALINI for begginers with Jugjeet
9:30 to 10:45	POWER VINYASA FLOW with Tami	HATHA with Mariko	YIN 2 YANG with Mariko	YIN with Dal	POWER VINYASA FLOW with Dal		
10:00 to 11:15						GENTLE HATHA with Tami	HATHA with Jugjeet
5:45 to 7:00	POWER VINYASA FLOW with Tokiko	GENTLE HATHA with Patricia	POWER VINYASA FLOW with Anne	HATHA with Jugjeet			

Classes are subject to changes. Please check on- line for updates: www.simplysatya.com.

Notes:

- Closed –July 1st – Canada Day
- No Karma Classes during the Summer. Classes will start again in September
- Studio will be closed Aug 24 to Sept 2 for maintenance
- Regular classes start Sept 3rd