

Big Fish Yoga
Connie Moker Wernikowski
YOGA CLASSES WINTER 2019
SCHEDULE AND PRICES

Tuesdays – 9:15 am to 10:30 am, All Saints Anglican Hall **January 8 to April 9 (no class Feb. 12) 13 weeks** (Gentle/Level 1 and 2) **\$149**

Tuesdays- 5:30 pm to 6:45 pm, Living Spirit Centre, **January 8 to April 9 (no class Feb. 12) 13 weeks** (Gentle/Level 1 and 2) **\$149** (Level 1 and Level 2: Beginners will work at an introductory level while returning students can try more challenging variations of the poses if they wish) **\$149**

Tuesdays -7 pm to 8:15 pm, Living Spirit Centre, **January 8 to April 9 (no class Feb. 12) 13 weeks** (Gentle/Level 1 and 2) **\$149 13 weeks** (Level 1 and Level 2: Beginners will work at an introductory level while returning students can try more challenging variations of the poses if they wish) **\$149**

Wednesdays -12:10 to 1 pm, Living Spirit Centre, **January 9 to April 10 (no class Feb. 13) 13 weeks** (Gentle/Level 1) **\$136**

Thursdays - 5:30 to 6:45 pm, All Saints Anglican Hall, **January 10 to April 11 (no class Feb. 14) 13 weeks** (Level 1 and Level 2: Beginners will work at an introductory level while returning students can try more challenging variations of the poses if they wish) **\$149**

Thursdays - 7 to 8:15 pm, All Saints Anglican Hall, **January 10 to April 11 (no class Feb. 14) 13 weeks** (Level 1 and Level 2: Beginners will work at an introductory level while returning students can try more challenging variations of the poses if they wish) **\$149**

Description of Levels

Gentle – restorative, relaxing

Level 1 – Introductory

Level 2 – Intermediate

Level 1 and Level 2 – New people receive an introduction while returning students may work at an intermediate level if they wish

Locations

Living Spirit Centre – Arcola and Doan, Regina, SK

All Saints Anglican Hall –142 Massey Rd, Regina, SK, (Go in west door off back parking lot)
