

DOWNTOWN MAY YOGA

@ Modern Health Chiropractic & Wellness
\$40 1-Month Unlimited Yoga Access for new yogis!

Visit our events page @ www.modernhealthchiropractic.ca and RSVP to your favourite classes or call 905.682.6500 to register!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Hatha Flow 7:30am-8:15am Julie VanHorne	2 Gentle Flow 6:30pm-7:30pm Meredith Lichy	3 Noon Hour Stretch 12:00pm-12:45pm Meredith Lichy	4 Power Hour 5:45pm – 6:45pm Julie VanHorne	5 Rise & Shine 7:30am-8:15am Meredith Lichy	6
7	8 Hatha Flow 7:30am-8:15am Julie VanHorne	9 Gentle Flow 6:30pm-7:30pm Meredith Lichy	10 Noon Hour Stretch 12:00pm-12:45pm Meredith Lichy	11 Power Hour 5:45pm – 6:45pm Julie VanHorne	12 Rise & Shine 7:30am-8:15am Meredith Lichy	13
 14	15 Hatha Flow 7:30am-8:15am Julie VanHorne	16 Gentle Flow 6:30pm-7:30pm Meredith Lichy	17 Noon Hour Stretch 12:00pm-12:45pm Meredith Lichy	18 FREE Power Hour 5:45pm – 6:45pm Julie VanHorne	19 Rise & Shine 7:30am-8:15am Meredith Lichy	20
21	22 Victoria Day Closed	23 Gentle Flow 6:30pm-7:30pm Meredith Lichy	24 Noon Hour Stretch 12:00pm-12:45pm Meredith Lichy	25 Power Hour 5:45pm – 6:45pm Julie VanHorne	26 Rise & Shine 7:30am-8:15am Meredith Lichy	27 High Tea & Yoga* 11:00am-12:00pm Meredith Lichy
28	29 Hatha Flow 7:30am-8:15am Julie VanHorne	30 Gentle Flow 6:30pm-7:30pm Meredith Lichy	31 Noon Hour Stretch 12:00pm-12:45pm Meredith Lichy			

***Note:** The High Tea & Yoga class is available to yogis with packages/memberships for an additional \$5 and is also available to pay-per-visit yogis for a fee of \$19. This class will include 60 minutes of Gentle Yoga and followed by herbal teas (ordered by our Naturopath Dr. Patricia) and tasty treats after class!