



ANAM CARA YOGA

Change of Season & New Yoga Classes



Offering classes in studio and online!

I am excited to announce that the yoga studio will be opening **on Monday, October 3.**

And classes will be online at the same time! Hybrid classes!
To accommodate our diversity of needs and preferences.

WEEKLY SCHEDULE	Class	Studio	Zoom
Mondays			
10 - 11	Mello Yoga	In Studio	On Line
3 - 4	Chair Yoga	In Studio	On Line
4:30 - 5:30	Every Body Yoga	In Studio	On Line
Wednesdays			
3 - 4	Chair Yoga	In Studio	On Line
4:30 - 5:30	Every Body Yoga	In Studio	On Line



Please Note:

Classes continue through to early/mid December

No classes
Thanksgiving
Monday

Payment and Registration Options

- 10-week Membership: one-time payment for entire series
- 5-class pass

When registering...

With Hybrid classes there are two options: **Online** and **In Studio**. The studio can accommodate **6 mats or chairs**. Be sure to register for **In Studio** if you know that is your choice.

For online classes...

Once registered, you will receive the Zoom link through an email. This email is sent **30 minutes prior to class start**, or following your class registration (if it happens within 30 minutes of class start).

*To find out more about the 'pay what you feel' option, email info@anamcarayoga.ca

Ready to sign up for a fall season of weekly yoga classes?

Click below and choose your option!

[Memberships & Passes](#)

Opening week is Monday October 3!

Looking forward to seeing you in class.

Namaste,

Cate

"Our separation from each other is an optical illusion." - Einstein



Sign up online at: www.anamcarayoga.ca

Need more info? Please email me at info@anamcarayoga.ca

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