#### **Sunlilyoga**

#### **Winter/Spring/Summer 2020**

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| MON | **TUES** | **WED** | **THURS** | **FRI** | **SAT** |
| 7:30 – 8:45 pm  All Levels  Richmond Hill | 9:30 – 10:45 am  All Levels  Richmond Hill  -------------------  7:30 – 8:45 pm  All Levels  Thornhill |  |  | 9:30 – 10:45 am  All Levels  Thornhill | 9:00 – 10:15 am  All Levels  Richmond Hill |

**LOCATIONS:** Richmond Hill - Saint Mary's Anglican Church - Major Mackenzie Drive

and Yonge Street

Thornhill - Thornhill Presbyterian Church - Fellowship Room - 271 Centre Street

**DATES:** Winter/Spring Session: Mon, Jan 6th – Sat, May 2nd - (17 weeks) - $395.00 tax inc.

Spring/Summer Session: Fri, May 22nd – Sat, July 25th (9 weeks) - $215.00 tax inc.

**COST:** Fee covers **unlimited weekly yoga classes** – attend as often as you wish!

*If paying for both sessions (26 weeks) in January - $585.00 – tax included*

**NOTES:** There will be no classes on:

* Family Day: Monday, February 17th at 7:30 pm
* Friday, April 10th – Monday, April 13th (inclusive)
* Monday, May 4th – Tuesday, May 19th (inclusive)

**UPCOMING:** Yoga and Meditation Weekend – June 19th - 21st, Sugar Ridge Retreat Centre,

Midland, Ontario

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* Classes are one hour and fifteen minutes long.
  + - * Out of courtesy for participants with respiratory sensitivities

please refrain from wearing scented products to class.

* + - * We respectfully request that cell phones and electronic devices be

de-activated before entering class.

* + - * Private yoga and/or Yoga Therapy classes available upon request.

If arriving late please wait quietly outside the room until opening centering is complete.

Thank you

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**FOR MORE INFO:** Please call Aida Neves at (905) 770-9210 or

[aida@sunlilyoga.ca](mailto:aida@sunlilyoga.ca) or visit our website: www.sunlilyoga.ca