

Due to new restriction applied by the Manitoba Government for the Winnipeg Health Region, Yoga North Winnipeg has decided to make the following changes effective Monday November 2, 2020:

FALL SESSION 2

November 2 to December 19, 2020

- All classes for the Fall Session 2 starting Monday November 2 will move to an ONLINE FORMAT called ZOOM.
- Please download the **ZOOM** app from zoom.us/download. The following link will take you to the zoom download page where you can easily download the app for your electronic device of choice (smart phone, tablet, laptop or home computer). Click the following link to access the download page: zoom.us/download
- The ZOOM app is FREE, user friendly and works very well for delivering quality sound and visual for a "virtual class". You will have the opportunity to continue your classes taught by Yoga North's highly qualified teachers.

FOR ALL FALL SESSION 2 REGISTERED STUDENTS:

For all students currently registered and paid for the Fall Session 2, we will send you a class link for your scheduled ZOOM classes by Sunday evening. You will use this same link to connect to your class every week.

Here is our slightly modified class schedule:**MONDAY**

9:30 am All Levels
11:30 am All Levels Gentle
1:30 am Restorative

Tuesday

7 pm to 8:30 pm Healing Class

Wednesday

5:30 pm Level 2-3
7:15 pm Level 1-2

Thursday

10 am to 11:30 am Women's Class

Friday

9:30 am All Levels
11:30 am All Levels Gentle

Saturday

9:30 am Level 2-3
11:30 am Level 1-2

****CANCELLED CLASSES****

Monday 5:30 pm and 7:15 pm Men's

Wednesday 9:30 am and 11:30 am

Students registered for classes that are cancelled: please select another class to attend that works for you and **let us know your new class choice** at: registrations@yoganorthwinnipeg.ca.

For students not currently registered, and who would like to register for any of the upcoming Zoom classes, please send us an email with your class choice(s) at registrations@yoganorthwinnipeg.ca and you will be contacted with payment information.