

Yoga North ONLINE CLASSES with ZOOM

2021 Winter Session 1 January 4 to February 27, 2021

Mondays*

9:30 am	All Levels	with Regan	\$132.30
11:30 am	All Levels Gentle	with Regan	\$132.30
1:30 pm	Restorative	with Regan	\$132.30
7:15 pm	Men's Class	with Drew	\$132.30

***No classes Monday February 15, Louis Riel Day**

Tuesdays

5:30 – 6:30 pm	Iyengar IGNITE	with Regan	\$134.40
7 pm – 8:30 pm	Healing Class	with Regan	\$184.80

Wednesdays

9:30 – 10:30 am	Pranayama	with Drew	\$134.40
5:30 pm	Level 2-3	with Andrea	\$151.20
7:15 pm	Level 1-2	with Andrea	\$151.20

Thursday

10 to 11:30 am	Women's Class	with Regan	\$184.80
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Fridays

9:30 am	All Levels	with Regan	\$151.20
11:30 am	All Levels Gentle	with Regan	\$151.20

Saturdays

9:30 am	Level 2-3	with Andrea	\$151.20
11:30 am	Level 1-2	with Regan	\$151.20

Classes are 1.25 hours unless otherwise noted.

Schedule subject to change & classes subject to minimum enrollment

Fees include tax

Minimum prop requirement for classes: mat, belt, block & blanket.

Props can be purchased at our Yoga Shop by appointment.

Email: info@yoganorthwinnipeg.ca.

REGISTER for classes by email to: registrations@yoganorthwinnipeg.ca before December 19, 2020.

Once we receive your registration, we will send you payment information by email.

PAYMENT by e-transfer to: info@yoganorthwinnipeg.ca and INDICATE THE CLASS(ES) for which you are paying.

Once payment is received, you will receive a Zoom link before the beginning of the Winter Session starting January 4, 2021.

Cancellation & Refund Policy: All class purchases are final, non-refundable and non-transferable. Classes purchased expire at the end of each session. We regret that we cannot issue credits for no-shows.