

**PLEASE NOTE THAT EFFECTIVE DECEMBER 19, 2021
YOGA NORTH WILL BE CLOSED PERMANENTLY**

If you are interested in taking Iyengar Yoga classes, below is information on Andrea Erb's and Regan Tataryn's online livestream (Zoom) classes commencing in January, 2022:

Yoga Classes with Andrea Erb

Wednesdays 5:30 - 7:00 pm - All Levels

Saturdays 9:00 - 10:30 am - Level 2/3

** if you are interested in a 7:15 or 7:30 class on Wednesday nights, please email me to let me know – if there is enough interest I will consider adding a class

TO REGISTER SEND AN EMAIL TO: iyengaryogawithandrea@gmail.com

Yoga Classes with Regan Tataryn

Mondays 9:30 - 11:00 am - All Levels

Mondays 11:30 – 1:00 pm - All Levels GENTLE

Tuesdays 7:00 - 8:30 pm - Healthy Backs

Thursdays 10:00 - 11:30 am - Women's

Saturdays 11:00 am - Level 1/2

Home Practice Workshop first Friday of every month: \$40 each or \$175 for all

January 7, February 4, March 4, April 1, May 6

TO REGISTER SEND AN EMAIL TO: iyengaryogawithregan@gmail.com

CLASS FEES:

There will be two 8 week sessions for the winter. You can register for one or both right away – please indicate in your email:

Session 1: January 3 - February 26

Session 2: February 28 - March 26 and April 4 - 30 (1 week spring break March 28-April 2)

\$144.00 for 8 week session (\$18.00 per 1.5 hour class)

Drop in fee: \$20.00

All classes will be recorded and sent to you automatically if you miss the live class. Class recording will be available for one week.

INSTRUCTIONS FOR REGISTERING:

1. Please indicate which class(es) and session(s) you are registering for.
2. You will be sent a waiver form to fill out, sign and return by email.
3. Please send payment by e-transfer to the above corresponding email address based on the session(s) and class(es) you have selected.
4. You will then be sent an email with the zoom link that you will use for the entire 8 week session(s), which you can add to your calendar.
5. Email each of Andrea or Regan directly for any other questions pertaining to their classes and schedule.