



1055 Roberts Creek Road
Roberts Creek, BC
604.740.2382

HEALTH & WELLNESS CENTRE

January 3 - March 19, 2012

✓ drop-ins welcome

☎ registration required

	Time	Class	Studio	Teacher	
MON	7:00 am	Rise & Shine Yoga	SUN	Jools	✓
	4:30 ‡	Yoga for Backcare	SUN	Lyne	☎
	6:30	Restorative Yoga	MOON	Edie	☎
‡ begins Jan 16					
TUES	9:30 am	Energizing Yoga	SUN	Marney	✓
	1:30	Restorative Yoga	SUN	Edie	☎
	4 - 6 pm ♂	Rebirthing	MOON	Catherine	☎
	5:00 §	Intro to Kundalini	SUN	Alain	✓
	6:30 *	Tai Chi (advanced)	MOON	Laurie	☎
	6:30 *	Tai Chi (beginners)	SUN	Laurie	☎
	§ begins Jan 10 * begins Jan 17 ♂ begins Feb 7				
WED	9:00 am	Core Yoga	SUN	Marney	✓
	10:30	Yoga for Backcare	MOON	Lyne	☎
	4:30	Hatha Level 1	SUN	Judy	✓
	6:30 **	Prenatal	SUN	Marney	☎
	6:30 **	Yoga for Backcare	MOON	Lyne	☎
	** begin Jan 11				
THURS	4:30 am***	Kundalini Sadhana	SUN	Alain	✓
	9:30	Energizing Yoga	MOON	Marney	✓
	10:00 ◆	Ageless Beauty	SUN	Angela	☎
	12:00 ***	Mom & Baby Yoga	MOON	Marney	✓
	5:30 ◇	Tai Chi	MOON	Laurie	☎
	6:30	Yoga & Yoga Nidra	SUN	Marney	✓
	*** by donation ◇ begins Jan 19 ◆ begins Feb 9				
FRI	7:00	Rise & Shine Yoga	SUN	Jools	✓
	9:30 €	Qi Gong	SUN	Brad	☎
	9:30 €	Ball workout	MOON	Sharon	☎
€ begin Jan 13					
SAT	10:00	Wake Up Yoga	SUN	Marney	✓
	10:00 ¥	Tai Chi	MOON	Laurie	☎
¥ begins Jan 21					
SUN	10:00	Wake Up Yoga	SUN	Lyne	✓
P A S S E S A V A I L A B L E					

Check website for Special Events & Workshops
and availability on these wellness services provided by
qualified practitioners:
Massage • Reiki • Counselling
Yoga Therapy & More