

Smiling Dog Yoga Studio

321 Main Street, Slave Lake AB
smilingdogyoga@hotmail.com or 780-805-6780

Drop In Schedule from January 5th - May 31st, 2020

Tuesdays	12:10-12:50PM	Yoga at Lunch	Camille
	5:30-6:30PM	Move, Breathe, Sweat!	Krista
	6:45-7:45PM	Straight Up Stretch	Ula
	8:00-9:00PM	Candlelight Yoga	Carmen
Wednesdays	10:00-11:00AM	Chair Yoga	Camille
	5:30-6:30PM	Deep Stretch Yin	Lori
Thursdays	12:10-12:50PM	Yoga at Lunch	Camille
	8:00-9:00PM	Align & Unwind	Lori
Fridays	12:10-12:50PM	CardiYoga	Camille
	5:30-6:30PM	TGIF	Paula
Saturdays	10:00-11:00PM	Calm & Centered	Rotating Teachers
Sundays	7:00-8:00PM	Sunday Reset	Amber

In order to keep the studio viable, we ask that students try to pre-register when possible. We require a minimum of 2 students signed up one hour before class. If you sign up and a class is cancelled, you will be notified, and the pass will go back into your account.

Resolution Passes: We want to help you commit to Yoga as part of your wellness journey in 2020, so we are offering some great passes!

Come ANY of our Drop In Classes once, twice or three times a week with specially-priced passes that can be auto-renewed! This allows you to create a routine of a regular practice as well as the flexibility to work around your schedule. Check the website for details.

Price List: (not including GST)

Single Class \$13.33

5-Class Pass \$60

10-Class Pass \$110

20-Class Pass \$200

****All passes will expire on May 31st, we will be closed**

www.SlaveLakeYoga.com

