

The Space Between
Yoga Studio and More, 229 John Street, Eganville
info@thespacebetween.ca www.thespacebetween.ca

January 2017 ~ Weekly Schedule

* **Please directly contact the teacher for prices and registration before going to class.**

* Yoga classes for 90 minutes or more are \$10 drop-in or \$50 for 6 consecutive weeks with the same teacher. Yoga classes under 90 minutes are \$8 drop-in or \$40 for 6 week.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning			Ongoing 10 – 11:30 am Tai Chi Janna	Jan 18 - Feb 22 10 - 11:30 am Hatha Yoga Claire <i>Beginners Welcome</i>			
Afternoon		Jan 23 - Feb 27 2 – 3:15 pm Restorative Yoga Claire <i>Beginners Welcome</i>					
Evening			Starts Jan 17 Ongoing drop in 6 – 7:45 pm Hatha Yoga Claire <i>Beginners Welcome</i>	Starts in Jan Ongoing drop in 6 – 7:45 pm Hatha Yoga Joanne <i>Beginners Welcome</i>			

Yoga Teachers

Claire Lepine, *Hatha Yoga, Therapeutic Yoga**, 613-628-1836

* Therapeutic Yoga Private Sessions with Claire by appointment.

Joanne Murray, *Kripalu Hatha Yoga*, 613-333-5534

Other Teachers & Practitioners:

Brian Roche, *Meditation* (register with Marjorie 613-622-7926)

Janna Clarke, *Tai Chi*, 613-735-2193

Newcomers, please call the teacher ahead to register.