

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

September-October, 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 weeks.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning		<p>Sep 11 - Oct 2 Register by Sep 6 10 - 11:30 am Hatha Yoga Claire <i>Beginners Welcome</i></p>	<p>Ongoing 10 – 11:30 am Tai Chi Janna</p>	<p>Sep 13 - Oct 4 Register by Sep 6 10 - 11:30 am Hatha Yoga Claire <i>Beginners Welcome</i></p>	<p>Sep 14 - Oct 5 Register by Sep 6 10 - 11:30 am Hatha Yoga Claire <i>Beginners Welcome</i></p>		<p>Sep 23 9:30 am – 3 pm Meditation Retreat Brian (pre-register)</p>
Afternoon		<p>Sep 11 - Oct 2 Register by Sep 6 2 – 3:15 pm Restorative Yoga Claire <i>Beginners Welcome</i></p>					<p>Sep 23 9:30 am – 3 pm Meditation Retreat Brian (pre-register)</p>
Evening		<p>Sep 11 - Oct 2 Register by Sep 6 6 - 7 pm Therapeutic Yoga Claire <i>Beginners Welcome</i></p>	<p>Starts Sep 12 Ongoing drop in 6 – 7:30 pm Hatha Yoga Claire <i>Beginners Welcome</i></p>	<p>Starts Sep 20 Ongoing drop in 6 – 7:45 pm Hatha Yoga Joanne <i>Beginners Welcome</i></p>	<p>Sep 14 - Oct 5 Register by Sep 6 7 – 8:30 pm Hatha Yoga Claire <i>Beginners Welcome</i></p>		

Yoga Teachers

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

* Private Yoga 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.