The Space Between

Yoga Studio and More, 229 John Street, Eganville

info@thespacebetween.ca www.thespacebetween.ca

January - February, 2018 ~ Weekly Schedule

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

* Yoga classes are $12 drop-in or $60 for 6 consecutive weeks with the same teacher.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning			**Ongoing** **9:30 – 10:30 am, Beg.** **10:30 – 11:30 am, Int.** **11:30 am – 12, Adv.** **Tai Chi** Janna	**Jan 3, 10, 24, 31 & Feb 7, 14** **10 - 11:30 am** **Hatha Yoga** Claire			
Afternoon		**Jan 8 - Feb 12** **2 – 3:15 pm** **Restorative Yoga** Claire					
Evening		**Jan 8 - Feb 12** **7 – 8:30 pm** **Hatha Yoga** Claire		**Ongoing** **Starts Jan 10** **6 – 7:45 pm** **Hatha Yoga** Joanne			

Yoga Teachers

Claire Lepine, ***Hatha Yoga*, Therapeutic Yoga****,* 613-628-1836
* Private Yoga Sessions with Claire by appointment.
Joanne Murray, ***Kripalu Hatha Yoga***, 613-553-1109

Newcomers, please call the teacher ahead to register.

Other Teachers & Practitioners:

Brian Roche, ***Meditation*** (register with Marjorie 613-622-7926)
Janna Clarke, ***Tai Chi,*** 613-735-2193