



# Tandava Yoga Weekly Class Schedule

this schedule is current as of November 18, 2017  
check [www.tandavayoga.ca](http://www.tandavayoga.ca) for updates

## Monday

- 6:30 **Rise and Shine**  
Darlene O'Neill, 1 hr
- 9:15 **Gentle Hatha**  
Shalanne Wilkison, 1 hr 15
- 3:45 **Restorative**  
Heather Hollingdale, 1 hr
- 5:15 **Sattva All Levels**  
Dawn Petrin, 1 hr 30
- 5:30 **Yoga for Mental Health - 4 Week Series**  
Bree Bootsman, 1 hr 15
- 7:00 **Yin**  
Zoë Betzelt, 1 hr 15
- 7:00 **Kundalini**  
Karen Smith, 1 hr 30

## Tuesday

- 6:30 **Sattva All Levels**  
Dawn Petrin, 1 hr 15
- 9:15 **Gentle Hatha**  
Jackie Hutchings, 1 hr 15
- 12:00 **Core Flow**  
Zoë Betzelt, 1 hr
- 5:30 **Moderate Hatha**  
Naresh King, 1 hr 15
- 7:00 **Deepening the Mindful Posture Experience**  
Naresh King, 1 hr 30
- 7:15 **Yin and Restore**  
Chloe Szakacs, 1 hr 15

## Wednesday

- 6:30 **Rise and Shine**  
Darlene O'Neill, 1 hr
- 9:15 **Gentle Hatha**  
Bill Eager, 1 hr 30
- 12:00 **Core**  
Darlene O'Neill, 1 hr
- 4:00 **Sattva Bliss**  
Dawn Petrin, 1 hr
- 5:30 **Kundalini**  
Karen Smith, 1 hr 15
- 5:30 **4 Week Beginner Yoga Series**  
Jackie Hutchings, 1 hr 15
- 7:15 **Yin and Restore**  
Heather Hollingdale, 1 hr 15

## Thursday

- 6:30 **Sattva All Levels**  
Dawn Petrin, 1 hr 15
- 9:15 **Gentle Hatha**  
Shalanne Wilkison, 1 hr 30
- 12:00 **All Levels Hatha**  
Heather Hollingdale, 1 hr
- 3:45 **Restorative**  
Heather Hollingdale, 1 hr 15
- 5:15 **Sattva All Levels**  
Dawn Petrin, 1 hr 15
- 5:30 **NewBack R&R / Active**  
Darlene O'Neill, 1 hr 15
- 7:30 **Yin and Restore**  
Bree Bootsman, 1 hr 15

## Friday

- 6:30 **Rise and Shine**  
Darlene O'Neill, 1 hr
- 9:15 **Gentle Hatha**  
Dawn Petrin, 1 hr 15
- 12:00 **Core Flow**  
Zoë Betzelt, 1 hr
- 5:30 **Kundalini**  
Sadhu Prem, 1 hr 30
- 7:15 **Yin**  
Morgan Mathison, 1 hr 15

## Saturday

- 4:00 **Aquarian Sadhana**  
Karen Smith, 2 hr
- 9:00 **Moderate Hatha**  
Naresh King, 1 hr 30
- 10:00 **Kundalini**  
Simone Truitt, 1 hr 15
- 11:00 **Yin and Restore**  
Aysia Verkerk, 1 hr 30

## Sunday

- 10:00 **Gentle Hatha**  
Shalanne Wilkison, 1 hr 15
- 11:45 **Yin and Restore**  
Jackie Hutchings, 1 hr 15
- 5:00 **Sattva All Levels**  
Dawn Petrin, 1 hr 30
- 7:00 **Yin**  
Bill Eager, 1 hr 30

