



Tandava Yoga Weekly Class Schedule

this schedule is current as of May 25, 2017
check www.tandavayoga.ca for updates

Monday

- 6:30 **Rise and Shine**
Brittany MacNeil, 1 hr
- 8:00 **Longevity Qi Gong**
Brittany MacNeil, 1 hr
- 9:15 **Gentle Hatha**
Shalanne Wilkison, 1 hr 15
- 12:30 **Core**
Shalanne Wilkison, 1 hr
- 3:45 **Restorative**
Heather Hollingdale, 1 hr 15
- 5:15 **Moderate Hatha**
Naresh King, 1 hr 15
- 7:00 **Kundalini**
Karen Smith, 1 hr 30
- 7:30 **Yin**
Zoë Betzelt, 1 hr 15

Tuesday

- 9:15 **Gentle Zen**
Brittany MacNeil, 1 hr 30
- 12:00 **Groove & Soothe**
Tamara Rae Logan, 1 hr 15
- 4:00 **Free Flow**
Dawn Petrin, 1 hr
- 5:30 **Moderate Hatha**
Naresh King, 1 hr 15
- 7:00 **NewBack Recover & Restore**
Darlene O'Neil, 1 hr 15
- 7:15 **Yin and Restore**
Gabor Erdok, 1 hr 15
- 9:00 **Groove & Soothe**
Morgan Mathison, 1 hr 15

Wednesday

- 6:30 **Rise and Shine**
Darlene O'Neil, 1 hr
- 9:15 **Gentle Hatha**
Bill Eager, 1 hr 30
- 12:00 **Core**
Darlene O'Neil, 1 hr
- 4:00 **Sattva Restorative**
Dawn Petrin, 1 hr
- 5:30 **Kundalini**
Karen Smith, 1 hr 15

Thursday

- 8:00 **Longevity Qi Gong**
Brittany MacNeil, 1 hr
- 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
- 5:30 **NewBack R&R / Active**
Darlene O'Neil, 1 hr 15
- 6:15 **Free Flow**
Zoë Betzelt, 1 hr
- 7:30 **Yin and Restore**
Bree Bootsman, 1 hr 15
- 9:00 **Groove & Soothe**
Chloe Szakacs, 1 hr 15

Friday

- 6:30 **Rise and Shine**
Darlene O'Neil, 1 hr
- 9:15 **Gentle Zen**
Brittany MacNeil, 1 hr 15
- 12:00 **Core Flow**
Zoë Betzelt, 1 hr
- 5:30 **Gentle Hatha**
Aysia Verkerk, 1 hr 15
- 7:15 **Yin**
Aysia Verkerk, 1 hr 15

Saturday

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

Sunday

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

