



Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
9 am		Susan's Classical Yoga				Susan's Meditations for Inner Growth	Special Sunday Offerings: Gail Horner's Insight Meditations Apr 14, 18, May 12, 26, June 9, 23 10-11:30 am	
9:30 am					Susan's Classical Yoga			
10:30 am			Heather's Hatha Yoga			Laurie's Hatha Yoga		
11 am	Susan's Chair Yoga			Susan's Chair Yoga	Susan's Chair Yoga			
12:30 – 5:30 pm	Susan offers Reiki... Reflexology... Private Classes							Registration Info – see reverse side
5 pm	Laurie's Gentle Hatha Yoga						Susan's Special Sunday 1/2 Day Yoga Retreat Sun May 5 9 am - noon	
7 pm		Susan's 7:30 pm Classical Yoga On hold		Laurie's Yin & Restorative Yoga	Susan's Yoga Nidra with Reiki Apr 5,19,May 3,17,Jun 7,21 WORKSHOPS: Awaken & Heal by Changing Thoughts Apr 26, 7-9 pm Awaken & Heal with Meditation May 24, 7-9 pm			

EACH TEACHER RUNS THEIR OWN CLASSES.

CONTACT THE INDIVIDUAL TEACHER TO REGISTER FOR THEIR CLASS.

To register for Susan's classes online go to www.pathwaystopeaceyoga.com or contact Susan directly, info@pathwaystopeaceyoga.com or 416-571-0447.

PRIVATE/ SEMI PRIVATE classes available most afternoons from 1 – 5 pm. And Tuesday mornings at 11 am. Special arrangements can be made for evening appointments.



REIKI AND REFLEXOLOGY TREATMENTS available most afternoons from 1- 5 pm. And Tuesday mornings at 11 am. Special arrangements can be made for evening appointments.

For **Workshops details** see www.pathwaystopeaceyoga.com/workshops

Susan also offers the Reiki courses privately. If you are interested in learning Reiki, let's talk.

To register for Heather's classes contact her directly at heathermunn@gmail.com

To register for Laurie's classes contact her directly at laurie@energytapizyoga.com or 416-918-4161.

To register for Gail's Meditation contact her directly at ghorner550@gmail.com