



5B-5 rue Commercial, Roxboro, QC, H8Y 2N9 T: 514 944 5346 info@bodhiprinciple.com bodhiprinciple.com/myyogospace.htm

Horaire *	Lun / Mon	Mar / Tue	Mec / Wed	Jeu / Thur	Ven / Fri	Sam / Sat	Dim / Sun
<b>Peace Train Yoga</b> 7am (50 min)	Bhaskar (Morning Series)		Bhaskar (Morning Series)		Bhaskar (Morning Series)		Special Events
<b>Beautiful Day Yoga</b> 9:30am (90 min)	Bhaskar (Yoga 1)	Laughter Yoga ^ <b>(45 min)</b>		Laughter Yoga ^ <b>(45 min)</b>	Bhaskar (Open)	Rosanne (Open)	
<b>Welcome Back Yoga</b> 6pm (90 min)	Anna (Open) <b>4 pm</b>	Anna (Prenatal)	Rosanne (Yoga 1)	Shanti (Open)			
<b>My Yoga Space</b> 7:45pm (90 min)		Bhaskar (Intermediate)	Rosanne (Open)	Shanti (Yoga 1)			

**Yoga 1** : Débutant (introduction à la pratique du yoga) / Beginners (introduction to yoga practice)

**Open** : Tous niveaux / All levels

**Morning Series** : Dynamisant, idéal pour débiter la journée / Invigorating, ideal way to start the day

- Prix pour 10 classes 120.00\$ plus taxes (135\$), 1<sup>e</sup> classe gratuite / Price for 10 classes \$120.00 plus tax (\$135), 1<sup>st</sup> class free
- Peace Train Yoga : 2 classes pour le prix d'une / 2 classes for the price of 1
- Tapis de yoga disponibles, \$25.00 plus taxes (28\$) / Yoga mats available for \$25.00 plus tax (\$28)

Veillez porter des vêtements confortables, éviter de manger 2h avant, arriver quelques minutes d'avance et apprécier!  
Please wear loose, comfortable clothing, avoid meals 2 hours before class, arrive a few minutes early and enjoy!

^ [www.lililaughter.com](http://www.lililaughter.com), 514 575 2033

\* may vary /peut varier



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