



Adishesha Yoga Zone: Schedule for the NOW

99 Fourth Ave, Ottawa, Tel: (613) 231-1221 ❖ Web: www.adishesha.com ❖ Email: info@adishesha.com

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 – 7:30am	Power Yoga Dan	Yoga Flow April	Yoga Flow Justine	Yoga Flow April	Power Yoga Natalie		
8:00 – 9:30am	Hatha Leona						
9:00 – 10:30am						Hatha Basia	Yin Mike B.
9:30 – 11:00am		Hatha Julie					
10:00 – 11:30am	Ashtanga 1 Mike M.		Ashtanga 1 Janice	Baby & Me Connie (Ends 11 am)	Hatha Basia		
11am -12:30 pm						Ashtanga 1 Donna	Ashtanga 1 Basia
12:00 – 1:15pm	Hatha Natalie	Hatha Basia	Hatha Julie	Hatha Basia	Yin Mike B.		
3:30- 4:30pm			Hatha Natalie				
5:30 – 7:00pm			Ashtanga 1 Janice	Ashtanga 2 Basia Ends 7:15 pm	Ashtanga 1 Basia		
5:40 – 7:10pm	Ashtanga Primary – Level 2 Tippy	Hatha Basia					
7:30 – 9:00pm	Ashtanga 1 Mike M.	Ashtanga 1 Donna	*Intro to Yoga Must Register	Yin & Meditation Becky			

***Intro to Yoga (Registration required) - Foundations for Hatha & Ashtanga Practice taught by Janice Tokaryk**

1st semester: Jan 6 - Feb 10 / 2nd semester: March 3 - April 7 / 3rd semester: April 21 - May 26

Intro course runs over a 6 week period.