

Yoga with Carrie*

<http://www.corrievorlauferyoga.com/>



upstairs at **North Vancouver Aikikai**
121 East 1st Street, North Vancouver, BC V7L 1B2
 Corrie Vorlauffer cell: 604 761-0074 Studio: 604 983-8730 VM #4

Winter 2: Monday Jan. 30th, 2012 to Sunday March 25th, 2012

<u>Weekly Class Schedule</u>		<p>HST is in addition to all prices shown</p> <p>8 weeks registration for one class per week \$144 (2 hour class/\$18) \$128 (1 1/2 hour class/\$16)</p> <p>Single Class Drop-In Fee \$22 - 2 hour \$20 - 1 1/2 hour</p> <p>Online payment can be made via any major credit card type or PayPal at</p> <p>http://www.nsaikido.org/yoga/</p> <p>We only accept cheques made to “North Vancouver Aikikai” and cash at studio</p>
MONDAY	Level	
4:00 to 5:30 pm	1 & 2	
TUESDAY		
1:30 to 3:00 pm	55+	
4:00 to 5:30 pm	1 & 2	
6:00 to 8:00 pm	1 & 2	
WEDNESDAY		
12:30 to 2:30 pm	1 & 2	
THURSDAY		
9:30 to 11:30 am	1 & 2	
1:30 to 3:00 pm	gentle	
4:00 to 5:30 pm	1 & 2	
6:00 to 8:00 pm	1 & 2	
FRIDAY		
10:00 to 12:00 noon	1 & 2	
SATURDAY		
9:00 TO 11:00 am	1 & 2	
SUNDAY		
8:00 to 10:00 am	1 & 2	

***Iyengar–Certified Teachers / Certification Mark**

The certification mark (worldwide patent), granted to Certified Iyengar Yoga teachers by B.K.S. Iyengar, indicates authentic Iyengar Yoga teachers who are bound by the ethical guidelines of the Iyengar method of Hatha yoga, and do not mix in other styles of yoga when they teach their classes. It indicates an instructor’s authenticity and authorization to teach Iyengar Yoga.