

108 yoga



infinite possibilities

Summer Schedule June 28 to September 5, 2010

Mondays

Strength & Length	9 :38am – 10:38am
Core Strength	12:08pm – 12:53pm
Flow	5:08pm – 6:23pm
Release	7:08pm – 8:08pm

Tuesdays

Awake	6:48am – 7:48am
Strength & Length	12:08pm – 12:53pm
Basics	4:38pm – 5:38pm

Wednesdays

Flow	9:38am – 10:38am
Power	12:08pm – 12:53pm
Strength & Length	4:38pm – 5:38pm
Core Strength	5:48pm – 6:48pm
Release	7:08pm – 8:08pm

Thursdays

Awake	6:48am – 7:48am
Flow	12:08pm – 12:53pm
Flow & Breathe	4:38pm – 5:38pm
Strength & Length	5:48pm – 6:48pm

Fridays

Strength & Length	9:38am – 10:38am
Power	12:08pm – 12:53pm
TGIF	5:08pm – 6:08pm

Saturdays

Community	9:38am – 10:38am
-----------	------------------

Sundays

Nourishment Day

Email: info@108yoga.ca Phone: 902-449-0108
1496 Lower Water St. Suite 411 Halifax, N.S. B3J 1R9