



<b>Day</b>	<b>Time</b>	<b>Class</b>	<b>Location</b>	<b>Type</b>	<b>Notes</b>
Monday	9:30 - 10:45 a.m.	Yoga for Everyone	Empower Me Yoga	Drop In Class	Open to all.
	7:00 - 8:30 p.m.	Hatha Yoga	South Fallingbrook Community Centre	Pre-Registered Class	Run through the City of Ottawa.
Tuesday	12:30 - 1:30 p.m.	Corporate Class	On Site	Pre-Registered Class	Email to book yoga in your workplace.
	5:45 - 7:00 p.m.	Moderate Yoga	Empower Me Yoga	Drop In Class	Open to all.
Wednesday	10:00 - 11:00 a.m.	Children's Yoga	The Art Table	Private Class	
	5:30 - 6:30 p.m.	Private Yoga	On Site	Private Class	
	7:30 - 9:00 p.m.	Hatha Moderate	Rideauview Community Centre	Pre-Registered Class	Run through the City of Ottawa.
Thursday	9:30 - 10:45 a.m.	Moderate Yoga	Empower Me Yoga	Drop In Class	Open to all.
	12:30 - 1:30 p.m.	Corporate	On Site	Pre-Registered Class	
Friday	12:00 - 5:30 p.m.	Available for Privates	Empower Me Yoga	Appointment Required	Email to reserve.

- Schedule subject to change. Please check the website for updates.
- Re: Class Names: I am trained in Traditional Hatha Yoga, Kripalu Yoga and am a Heart of Yoga Teacher. The class names are quite general. Students can rest assured that I will draw upon these lineages as is best suited to the class needs.