



"SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>* Teacher Training in September</b></p> <p><b>*YOGA &amp; Crafts in September!</b></p> <p><b>*Workshop with Holly &amp; So Much More!!!</b></p>	<p>Heartsong WORLD Boutique <i>Good Karma Shopping</i> BIG TIME END OF SUMMER SALES</p>	<p>August 1</p> <p>6:30-7:45 pm: Pilates L 1-2 With Lillian</p>	<p>August 2</p> <p>9-10:15 am: YOGA L 1-2 With Elizabeth</p> <p>6:30-7:45 pm: Gentle Restorative Yin YOGA L 1-2 With Lillian</p>	<p>August 3</p> <p>YOGA your Life!</p> <p>8-9:15 pm: <i>Summer Evening</i> YOGA L 1-2 With Holly</p>	<p>August 4</p> <p>9:30-10:45 am: <i>Friday Morning</i> "Empowering-Vinyasa" YOGA L 2 With Elizabeth</p>	<p>5</p> <p>9-10:15 am: YOGA L 1-2 With Pat</p> 
<p>6</p> <p><i>Reduced Schedule of Classes for August</i></p> <p>LIVE LAUGH LOVE</p>	<p>7</p> <p>Civic Holiday Monday Studio &amp; Boutique Closed</p>	<p>8</p> <p>2:45-3:45 pm: YOGA at Bonnehchere Manor With Elizabeth (Fundraiser) Cost: \$15</p> <p>6:30-7:45 pm: Pilates L 1-2 With Lillian</p>	<p>9</p> <p>9-10:15 am: YOGA L 1-2 With Annie</p> <p>6:30-7:45 pm: Gentle Restorative Yin YOGA L 1-2 With Lillian</p>	<p>10</p> <p>8-9:15 pm: <i>Summer Evening</i> YOGA L 1-2 With Holly</p>	<p>11</p> <p>No Class This Morning ☺</p> 	<p>12</p> <p>9-10:15 am: YOGA L 1-2 With Guest Instructor Lou Bennett</p> <p>OM Shanti</p>
<p>13</p> <p><b>I ♥ Pilates</b></p> <p>Pilates CORE Strength! Last Week of Classes until September!</p>	<p>14</p> <p>6-7:15 pm: YOGA L 1-2 With Dorothy</p>	<p>15</p> <p>6:30-7:45 pm: Pilates L 1-2 With Lillian</p>	<p>16</p> <p>9-10:15 am: YOGA L 1-2 With Annie</p> <p>6:30-7:45 pm: Gentle Restorative Yin YOGA L 1 With Lillian</p>	<p>17</p> <p>8-9:15 pm: <i>Summer Evening</i> YOGA L 1-2 With Holly</p>	<p>18</p> <p>9:30-10:45 am: <i>Friday Morning</i> "Empowering-Vinyasa" YOGA L 2 With Elizabeth</p>	<p>19</p> <p>9-10 am: YOGA L 1-2 With Elizabeth See you in September! NAMASTE Studio Reopens for Full Schedule of Classes Sept. 5/17</p>

**Classes Begin Tuesday September 5, 2017**

Thanks to Alison & to all Heartsong Members for your continuing enthusiasm and support.

Thanks also to *amazing* Heartsong Instructors: Stephanie, Lillian, Annie, Judith, Pat, Holly, & Dorothy!

Bright Blessings, NAMASTE -Elizabeth