

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>New Arrivals for Fall in Heartsong WORLD Boutique! FAIR TRADE Organic Sustainable CANADIAN Good Karma Shopping</p>	 <p>body mind spirit <i>Breathe PEACE into your Life RIGHT HERE NOW</i></p>	<p>Sept. 5</p> <p>4:45-6 pm: YOGA L 1-2 With Elizabeth</p> <p>6:30-7:45 pm: Pilates L 1-2 With Lillian</p>	<p>Sept. 6</p> <p>9-10:15 am: YOGA L 1-2 With Elizabeth</p> <p>4:45-6 pm: Pilates L2 With Elizabeth</p> <p>6:30-7:45: YIN YOGA L1 With Lillian</p>	<p>7</p> <p>Sign up NOW! Thursday Evening Fun YOGA & YarnCrafts Begins Sept. 21 6-Week Session COST; HS Members \$60 Non-Members \$120 Includes YOGA, All Craft Materials, Instruction & Refreshments</p>	<p>Sept. 8</p> <p>9:30-10:45 am: ‘Empowering-Vinyasa’ YOGA L 2 With Elizabeth</p>	<p>Sept.9</p> <p>9-10:15 am: <i>Saturday Morning</i> YOGA L 1-2 With Elizabeth</p> <p>.....</p> <p>10:30 am start Teacher Training Yoga Exercise Specialist Part I</p>
<p>10</p> <p>Pre-Register for Healing LOVE Meditation & YOGA WORKSHOP Sat. Sept. 23/17 9 am – 4 pm With Holly COST: HS Members \$65 Non-Members \$75</p>	<p>11</p> <p>9 – 10:15 am: Gentle YOGA L1 With Annie</p> <p>4:30-5:45 pm: Pilates L 1-2 With Elizabeth</p> <p>6-7:15 pm: YOGA L 1-2 With Elizabeth</p>	<p>12</p> <p>4:45-6 pm: YOGA L 1-2 With Stephanie</p> <p>6:30-7:45 pm: Pilates L 1-2 With Lillian</p>	<p>13</p> <p>9-10:15 am: YOGA L 1-2 With Annie</p> <p>4:45-6 pm: Pilates BALL L2 With Elizabeth</p> <p>6:30-7:45: YIN YOGA L 1 With Dorothy</p>	<p>14</p> <p>Sign up NOW! Limited Registration YOGA & Yarn! ‘get hooked on’ Easy YOGA Learn to Crochet Create a Granny Square Meditation Cushion! Meditate & Create</p>	<p>15</p> <p>9:30-10:45 am: ‘Empowering-Vinyasa’ YOGA L 2 With Judith</p>  <p>YOGAaaaahhhhh...</p>	<p>16</p> <p>9-10:15 am: <i>Saturday Morning</i> YOGA L 1-2 With Elizabeth</p> <p>.....</p> <p>Yoga Teacher Training RYT200 Advanced Anatomy & Alignment</p>
 <p>Engage your natural girdle! I ♥ Pilates</p>	<p>18</p> <p>9 -10:15 am: Gentle YOGA L 1 With Elizabeth</p> <p>4:30-5:45 pm: Pilates L 1-2 With Elizabeth</p> <p>6-7:15 pm: YOGA L 1-2 With Stephanie</p>	<p>19</p> <p>4:45-6 pm: YOGA L 1-2 With Judith</p> <p>6:30-7:45 pm: Pilates L 1-2 With Lillian</p>	<p>20</p> <p>9-10:15 am: YOGA L 1-2 With Annie</p> <p>4:45-6 pm: Pilates L2 With Elizabeth</p> <p>6:30-7:45 pm: YIN YOGA L 1 With Lillian</p>	<p>21</p> <p>6 Week Session</p> <p>Week # 1 6:30- 9 pm: YOGA & Crafts Stretches & Stitches With Emily & Elizabeth SO MUCH FUN!</p>	<p>22</p> <p>9:30-10:45 am: ‘Empowering-Vinyasa’ YOGA L 2 With Elizabeth</p> <p>*3rd Friday Evening: Every Month :- 7-8:15 pm: YOGA, Mantra & Meditation L 1-2 With Elizabeth</p>	<p>23</p> <p>9-10:15 am: YOGA L 1-2 With Holly</p> <p>Healing LOVE Meditation & YOGA Workshop With Holly (9 am – 4 pm) Includes Lunch Please pre-Register</p>
<p>24</p> <p>*Register Soon For: Heartsong OCTOBER Health Challenge</p> <p>Come to 3 classes per week OR 12 classes total in October & WIN!!!</p>	<p>25</p> <p>9 -10:15 am: Gentle YOGA L 1 With Annie</p> <p>4:30-5:45 pm: Pilates L 1-2</p> <p>6-7:15 pm: YOGA L 1-2 With Stephanie</p>	<p>26</p> <p>4:45-6 pm: YOGA L 1-2 With Pat</p> <p>6:30-7:45 pm: Pilates L 1-2 With Lillian</p>	<p>27</p> <p>9-10:15 am: YOGA L 1-2 With Annie</p> <p>4:45-6 pm: Pilates BALL L2 With Elizabeth</p> <p>6:30-7:45: YIN YOGA L 1 With Lillian</p>	<p>28</p> <p>6 Week Session Week # 2 6:30- 9 pm: YOGA & Crafts Stretches & Stitches With Emily & Elizabeth SO MUCH FUN!</p>	<p>29</p> <p>9:30-10:45 am: ‘Empowering-Vinyasa’ YOGA L 2 With Judith</p>	<p>30</p> <p>9-10:15 am- YOGA L 1-2 With Elizabeth</p> <p>.....</p> <p>Teacher Training Pre-Natal YOGA Specialist RYT500 Begins at 10:30 am</p>

For the LOVE of YOGA: Heartsong Studio “An Oasis of Energy, a Sanctuary of Calm”

Yoga-aaahhh....Exhilarating, Vital, Balancing, Strengthening, Peaceful, Soulful, Liberating, Relaxing, Life-Sustaining