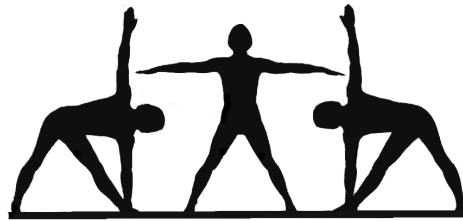


FALL SCHEDULE  
2008



SEPTEMBER 22 -  
DECEMBER 31

## UNITED YOGA MONTRÉAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:45 - 9:45 open *practice*	7:45 - 9:45 open *practice*	7:45 - 9:45 open *practice*	7:45 - 9:45 open *practice*	7:45 - 9:45 open *practice*		
..... to attend open practice, contact PO at cundersun@yahoo.com or phone 514.527.1953						
10:00 - 11:30 slings, ropes, & chairs DONNA	10:00 - 11:30 all levels MICHAEL	10:00 - 11:30 all levels/ intermediate DONNA	10:00 - 11:30 all levels CLAUDINE	10:00-11:30 beginners 19 to 99 LEN	10:00-11:30 all levels PO	10:00-12:00 deeper practice MICHAEL
		12:30-1:30 yoga to reduce your pain LEN		12:30-1:30 sutra study *by donation* LEN		
	5:30-6:30 sutra study *by donation* LEN					4:30-5:45 all levels *by donation* PO
6:00-7:30 all levels SONIA	7:00-8:30 all levels LEN	6:00-7:30 all levels DONNA	6:00-7:30 all levels PO	6:00-7:30 all levels PO / ALEXI		

*\*donation class \$5 minimum\**

*all teachers are bilingual*

UNITED YOGA MONTREAL 451 STE- CATHERINE STREET WEST, 2ND FLOOR  
TEL: 514.849.7100  
www.unitedyogamontreal.com