

Life Force Yoga Schedule- JUNE 2019

@ The Lodge at Gateway Resort

www.liforceenergy.net / E-mail: liforceenergy888@gmail.com

2633 Squilax-Anglemont Rd, Lee Creek

Just 8.0 km from the Trans Canada highway

All Yoga Classes are 1 hour adult classes unless specified. The Centre will be open 30 minutes prior to 1st class start. All Classes at this time are with Danielle. Additional instructors may be added throughout the month.

Monday	9:00am-10:00am	Yoga Soul
	6:30pm-7:30pm	Deep Stretch – Yin
Tuesday	9:00am – 10:00am	Gentle Hatha
Wednesday	9:00am-10:00am	Hatha Wake Up
	6:30pm – 7:30pm	Vinyasa Flow to Yin
Thursday	9:00am – 10:00am	Gentle Hatha
	10:15am – 11:15am	Deep Stretch – Yin
Friday	9:00am – 10:00am	Vinyasa Flow to Yin
Saturday	9:00am – 10:00am NO Yoga June 15	Hatha Wake Up
Sunday	9:00 – 10:00am- Pre-Reg	Family Yoga

Yoga Energy Exchange Options

\$15.00 Adult Drop In

\$8.00–Student & Teen Drop In

\$5.00 – 12 Under

5 Class Pass - \$69.00

(**\$13.80** per class)

10 Class Pass - \$99.00

(**\$9.90** per class)

Unlimited Monthly- \$95.00

Newbie Monthly - \$59.00

Newbie month Unlimited If purchased during your 1st visit to the Centre!

All prices are subject to GST

Family Yoga **requires Pre Registration** the evening before by 8pm

Family Yoga [REGISTER HERE](#)

All Other Yoga classes are drop in. **THERE IS NO YOGA CLASS ON SAT JUNE 15**

****Our door is locked just prior to class start. Please join us minimally 5-10 minutes before class start, and earlier if you have never been to our Centre before (waiver to be signed) or are coming with multiple yogis to our Sunday Family Class.**

Your feedback is valued. If you love a time and / or class that is not on the schedule, please let us know!!

For more Yoga information, and class descriptions, please visit our website:

<http://www.liforceenergy.net/yoga/> or give us a call 250-679-4411