



Hot Yoga Peterborough • 705 874 7454 • www.hotyogaptbo.com •

June 2013 Hot Yoga Peterborough

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8-9am H Hot	9:30-11am H Combo		9:30-11am H Power Vinyasa	8-9am H Hot	9:30-10:45am W Yin	9:30-11am H Yang-Yin YTT Hot Class June 9th
4:30-5:45pm H Power Vinyasa		4:30-6pm H Hot				4-5:30pm H Combo
	7-8:30pm H Yang-Yin		7-8:30pm H Hot	6-7pm H PowerVinyasa Karma Class		
7:30-8:45pm H Hot		6:45-7:30pm Qi Gong W				

H=Hot Class W=Warm

Karma Class: minimum \$8 donation, Members can use their cards.

YTT Class June 9th - Yoga Teachers in Training will teach portions of this class.

The style will be Hot Yoga on this Sunday.

Workshop Thursday June 27th 6-8pm

A Yogi's Anatomy: Healing the Emotional and Mental Body Through Yoga
Learn why certain poses bring up specific emotions \$35. \$30 for unlimited members.

Masters Path Program. Open to all students looking to learn more about the Eastern Arts. Every Wednesday night from 6:30pm - 8:30pm. These hours can be put toward teacher training if you choose to continue your studies.

Now accepting Yoga Teacher Training Applications all year round, you can start and finish according to your schedule - dates will be discussed before you begin. Complete in 5 months or spread it out longer...up to or over a year if you like!

Visit www.hotyogaptbo.com for more information