



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

May 2013 Hot Yoga Peterborough

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------------------|------------------------------------|--|--------------------------------------|---|-------------------------------------|-----------------------------|
| | 9:30am H Combo | 12pm** H Yang-Yin | 9:30am* H Power Vinyasa | | 9:30am* W Yin | 9:30am H Yang-Yin |
| 4:30pm* H Power Vinyasa | | 4:30pm H Hot | | | 4:00pm H Hot YTT Class | 4:00pm H Combo |
| | 6pm** H Power Vinyasa | | 6pm** H Hot | 6pm**Power H Vinyasa Karma Class | | |
| 7:30pm* H Hot | 7:30pm* H Yang-Yin | 6:45-7:30pm Qi Gong W 6:45-9:45pm YTT Training & Masters Path | 7:30pm* H Yang-Yin | | | |

Classes 90 mins unless noted. * 75 mins **60 mins **H=Hot Class W=Warm**

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

YTT Class - taught by yoga teachers in training every other weekend. Starting May 11th.

Programs & Workshops this month...

Intuitive Yoga: *How to feel your Intuitive Self.* Learn how intuition pops up in physical, mental, emotional & spiritual ways through mindful yoga, lecture and guided meditation.

Thursday May 30th 6-8pm \$35. \$30 for unlimited members. *low heat for yoga portion*

Masters Path Program. Open to all students looking to learn more about the Eastern Arts. Every Wednesday night from 6:45pm - 8:45pm. These hours can be put toward teacher training if you choose to continue your studies.

Accepting Yoga Teacher Training Applications for Spring/ Summer 2013
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