

JUN 2021

SUN	MON	TUE	WED	THU	FRI	SAT
			01	02	03	04
		7:00–8:00pm Monthly Yoga Nidra	5:45-7:00 Yin Yoga			
06	07	08	09	10	11	12
	5:30-6:45pm Gentle Flow Yoga		5:45-7:00 Yin Yoga	10:00-11:30 Vitalité 55+		
13	14	15	16	17	18	19
2:00-3:00pm Karma Yoga Class – <i>Slow & Gentle Hatha Yoga for Beginners</i>	5:30-6:45pm Gentle Flow Yoga		5:45-7:00 Yin Yoga	6:00-8:00pm Summer Solstice Yoga		
20	21	22	23	24	25	26
	5:30-6:45pm Gentle Flow Yoga		5:45-7:00 Yin Yoga	10:00-11:30 Vitalité 55+		
27	28	29	30			
<i>Have a great summer!</i>	<i>Gentle Flow resumes on Sept. 13.</i>	<i>Have a great summer!</i>	<i>Yin resumes on Sept. 8.</i>			

- Classes with Tammy Fulton are in teal. Tammy's classes are offered as a livestream online via Zoom. To register, email yogasublimestudio@gmail.com & pay by e-transfer.
- Classes with Christine Hambleton are in orange. Christine's classes are offered in-studio & online. To register, email cgh76@live.com & pay by e-transfer.
- Classes with Carmen Dore are in tan. Carmen's Reiki Level 1 & 2 is delivered partially over Zoom & partially in the studio. To register or for more information call 306-961-7819
- Karma Yoga classes are taught by our Teachers-in-Training. The cost is \$5. All proceeds go to the Prince Albert Food Bank.