



# Adishesha Yoga Zone: Schedule for the NOW (Sept to Dec)

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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 – 7:30am	Yoga Flow Dan	Yoga Flow April	Yoga Flow Justine	Yoga Flow April			
9:00 – 10:30am						Hatha Basia	Yin Mike B.
9:30 – 11:00am		Hatha Julie		<b>Special – See note below</b>			
10:00 – 11:30am	Ashtanga 1 Mike M.		Ashtanga 1 Janice		Hatha Basia		
11am -12:30 pm						Ashtanga 1 Donna	Ashtanga 1 Basia
12:00 – 1:15pm	Hatha Natalie	Hatha Basia	Hatha Julie	Hatha Basia	Yin Mike B		
1:45 – 2:30pm				<b>* Kettlebells (start 1:50 pm) Aidian</b>			
3:30- 4:30pm	<b>NEW: Kettlebells 4:15 to 5:00 pm Aidian</b>		Hatha Natalie			<b>Special – See note below</b>	
5:30 – 7:00pm			Ashtanga 1 Janice	Ashtanga 2 Basia Ends 7:15 pm	*Ashtanga 1 Basia		
5:40 – 7:10pm	Ashtanga Primary – Level 2 Tippy	Hatha Basia					
7:30 – 9:00pm	* Ashtanga 1 Mike M.	Ashtanga 1 Donna	Hip Opener Janice	Yin & Meditation Becky			

**\*NEW CLASS: Kettlebells Body Contour Program with Aidan Thomas – see website for more details. Classes are 40 mins.**

## Special Classes – Must Register

**Fundamentals 2: Giving Life to your Asanas with Julie Salter** starting Thursday, Nov 11 to Dec 23; 9:30 to 11 am. Cost \$100 plus tax  
(Must have Fundamentals 1 or permission from teacher)

**Into to Yoga with Janice Tokaryk**, Saturday, December 11 & 18; 2 – 2 HR Sessions 4:30 to 6:30 pm / Cost \$50 plus tax