

MUSKOKA YOGA FEST

SATURDAY, AUGUST 29th

Beside Pizza Pizza in Downtown Huntsville. Bring your Own Mat!

Classes are free! Donations to *YWCA Muskoka* will gratefully be accepted.

Time	Name	Style	Studio
7 to 7:45 am	Susan Allen	Kundalini Yoga - Short and Sweet Kriya to get the energy moving	Ahimsa
8-8:45am	Carrie Schiffler	Vinyasa Flow	Ahimsa
9-9:45am	Rowan Hildebrand	Ashtanga - Modified Primary Series	Ahimsa
10-10:45am	Allie Chisholm-Smith	Mobilize Your Hips, Stabilize Your Legs	Ahimsa
11-11:45am	Sandra O'Brien	Power Yoga	Muskoka Hot Yoga
12-12:45pm	Suzanne Riverin	Love and liberate your shoulders	Ahimsa
1-1:45pm	Monica Larade	Family Yoga	Ahimsa
2-2:45pm	Julie Barnes	Ashtanga	Muskoka Hot Yoga
3-3:45pm	Emily Roberts	Kripalu Flow	Active Turtle
4-4:45pm	Caitlin Hutt	Vigorous Slow Flow	Open Space Yoga
5-5:45pm	Kelly Hilton	Strala Yoga	Zen Muskoka
6-6:45pm	Heather Hodgson	Vinyasa Flow All Levels	Yoga with Heather
7-7:45pm	Annemieke Struyk	Yoga Flow Dance	Ahimsa
8-8:45pm	Wendy Martin	Full body evening unwind	Ahimsa/Sacred Breath