



YOGA ONLINE



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	5:30-6:30 pm Yoga for Backs with Indigo Yoga Co.		5:30-6:30 pm Restore & Explore with Indigo Yoga Co.	5:30-6:30 pm Yoga for Backs with Indigo Yoga Co.		
	7:15-8:15 pm Yin/Flow with Tapestry Yoga	7:00-8:00 pm Flow/Restore with Tapestry Yoga	7:15-8:15 pm Yin/Flow with Tapestry Yoga	7:00-8:00 pm Flow/Restore with Tapestry Yoga		

With Roxanne Danberg & Rhonda Ringheim of Indigo Yoga Co. Melfort, Sk.
Tyson Fetch & Celeste Boran-Fetch of Tapestry Yoga in Prince Albert, Sk.

Check our online booking for pop-up classes not regularly scheduled!