



Yoga with Lillian Bianchi

Honouring Body, Mind and Spirit

SUMMER 2010

INTRODUCTORY LEVEL

August 10 - 31 Tuesday 5:30 - 7:00 pm 4 weeks: \$58

INTERMEDIATE LEVEL / ONGOING LEVEL

August 10 - 31 Tuesday 7:30 - 9:00 pm 4 weeks: \$58

PRENATAL YOGA

August 9 - 30 Monday 5:30 - 7:00 pm 4 weeks: \$58

RESTORATIVE YOGA

August 6 - 27 Friday 9:00 - 10:30 am 4 weeks: \$58

4 DAY YOGA INTENSIVE

The 4 day intensives provide an opportunity to immerse yourself in the practices of Yoga for deeper awareness and growth. Each day will include breathing practices, meditation (inspired by the Yoga Sutras of Patanjali), postures and deep relaxation.

Participants in these intensives must have previous Yoga experience.

August 9 - 12 9:00 - 11:00 am \$78 All Levels Welcome

August 16 - 19 9:00 - 11:00 am \$78 Intermediate / Ongoing Levels

Both Programs: \$140

All classes and intensives held at Namaste Yoga Studio

Pre registration for all classes is necessary.

All prices include HST.



Lillian Bianchi has been teaching Yoga since 1982. She is registered with the Yoga Association of British Columbia as a senior teacher. She is also an honorary member of the International Federation of Yoga.

250.746.0327

www.namasteyoga.ca