



Nadine's Yoga January 2012

January Schedule with new classes!

The January schedule has been posted at <http://www.nadinesyoga.ca/classes.html>. Classes start Tuesday, January 3rd. The schedule includes a new Hatha Yoga / Meditation combo class on Wednesday mornings and Thursday evenings.

Ask a Question

How much notice do I need to give to book or cancel a class at your studio? How do I do it?

For booking classes, a minimum of 4 hours is required. You can try to book a class with under 4 hours but it will be subject to availability of the class.

For cancelling classes, a minimum of 30 minutes is required.

You can book or cancel classes via email, text or voice message. The quickest is either email or text as I am able to respond faster than voicemail.



Guided Meditation mp3s available

Guided meditation audio files are now available for purchase from my website. Available at this time are the following meditations: Mindfulness of Breathing and Loving Kindness. They can be played on a computer, mp3 player, iPod or any other device that plays mp3 files.

Visit: <http://www.nadinesyoga.ca/downloads.html>

Additional files will be added in the future including Chakra meditation and guided Yoga routines.



Survey

Please take the time to follow this link (also available on the front page of my website) to answer my feedback survey. Thanks!

<http://www.nadinesyoga.ca/survey.html>



Come see what Yoga can do for you!

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