

queen street yoga

**MAY/JUNE
2017**

Intro to Yoga • (7 wks/\$100+hst)

Mon, 7:45pm • Monica • May 1 - June 19

Wed, 7:45pm • Leslie • May 24 - July 5

Thurs, 7:45pm • Monica • May 11 - June 22

Building a Resilient Body with Emma Dines

Tues, 7:45pm • May 9 - June 13 (6 wks)

Yoga for Round Bodies™ with Julie Raineault

Mon, 6:00pm • May 8 - June 26 (7 wks)

Yoga for Runners & Athletes with Amanda Soikie

Wed, 6:00pm • May 10 - June 21 (7 wks)

Yoga, Running & Snacks with Madison Martin

Tues, 5:30pm • May 2 - June 6 (6 wks)

Parent & Peanut with Julie Zettel

Tues, 10:00am • May 30 - July 4 (6 wks)

Parent & Pumpkin with Julie Zettel

Thurs, 10:00am • May 4 - June 8 (6 wks)

Healthy Digestion:

Yoga and a Whole Body Approach

with Dr Laura ND and Leena Miller Cressman

Sunday, May 7 • 2:00-4:30pm

Building a Home Practice with Leena Miller Cressman

Sunday, June 4 • 1:30-4:30pm

Goat Yoga! A Fundraiser for Growing Hope Farm

Saturday, June 10 in Cambridge

11:00am • Goat Yoga Flow with Emma

3:30pm • Goat Yoga for Families with Amanda S

Neck Savvy: Yoga for Computer Users

with Amanda Soikie

Sunday, June 18 • 2:00-4:00pm

Yoga in the Park begins in June

Wed, 12:00pm in Victoria Park

200-hour Yoga Teacher Training starts Sept 2017!

Wed, July 12 • 6:30pm • info session

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DROP-IN CLASSES

May 1 - June 30

MONDAY

9:30am Expanding Flow Carin

5:30pm Slow Flow Emma

TUESDAY

6:30am Sunrise Practice Marg/Neman

12:00pm Hour Flow Amanda S

6:00pm Expanding Flow Emma

7:45pm Prenatal Julie

WEDNESDAY

9:30am Basics Leena

12:00pm Yoga in the Park** starts June 7

5:30pm Slow Flow Leslie

7:45pm Expanding Flow Leena

THURSDAY

6:30am Sunrise Practice Marg/Neman

12:00pm Hour Flow Amanda S

6:00pm Queer & Trans Yoga* Natalie

6:00pm Basics Emma

7:45pm Rest & Renew Emma/Leena

FRIDAY

9:30am Slow Flow Amanda S

12:00pm Hour Flow Amanda S

5:30pm Hour Flow Carin

SATURDAY

10:00am Expanding Flow Carin

SUNDAY

9:30am Slow Flow Monica

11:00am Expanding Flow Kris/Monica

6:00pm Community Class* Various

*Community Classes and Queer & Trans Yoga are \$5 (no one turned away for lack of funds).

**Yoga in the Park is FREE, beginner-friendly, and all-ages

44 Queen St. S. Kitchener

queenstreetyoga.com

519.741.9642