



# Quite a Stretch Yoga & Zumba®

## January 4 – April 3, 2022

*No classes with Sheilah:  
Jan 31, Feb 1-2, 21, March 6-7*

SUNDAY FUN DAY	MOTIVATION MONDAY	TIME OUT TUESDAY	WELLNESS WEDNESDAY	THOUGHTFUL THURSDAY	Fri-YAY	SATURDAY SHOUT OUT
<p><b>1:00-2pm</b> Yoga for Warriors (8 Week Prg.) Jan 16-March 20)</p> <p><b>2:00-7:00pm</b> Yoga Nidra Training (10 week Prg.) Jan 2 - March 20)</p>	<p>9:00-10:00am Gentle Flow</p> <p>12:00 - 1:00pm Hatha Yoga</p> <p>5:00-6:00pm Yin Yoga</p>	<p>9:00-10:00am Deep Stretch</p> <p>10:30-11:30am Triple M</p> <p>5:00-6:00pm Yoga Nidra</p> <p><b>6:00-10:00pm</b> (200 hour Teacher Training)</p>	<p>9:00-10:00am Yoga Nidra</p> <p>12:00 - 1:00pm Vinyasa</p> <p>5:00-6:00pm Deep Stretch</p> <p><b>7:00 - 8:00 pm</b> Zumba</p>	<p>9:00-10:00am Yogi's choice</p>	<p>9:00- 10:00am Yin Yoga</p> <p>12-1:30pm LYB Yoga (6 weeks Jan 22-Feb 25)</p>	<p><b>9:15-10:00am</b> Kids Yoga ONLINE (8 week Prg.)</p> <p><b>10:00-6:00pm</b> 200 hour Teacher Training</p>

[www.quiteastretchyoga.com](http://www.quiteastretchyoga.com) [quiteastretchyoga@gmail.com](mailto:quiteastretchyoga@gmail.com)

905-906-8598