

10 WEEK VINYASA FLOW

SUNDAY APRIL 8
SUNDAY APRIL 15
SUNDAY APRIL 22
SUNDAY APRIL 29
SUNDAY MAY 6
SUNDAY MAY 13
SUNDAY MAY 20
SUNDAY JUNE 3
SUNDAY JUNE 10

JOIN ME FOR SOME COMPLIMENTARY,
BREATH AND ALIGNMENT FOCUSED,
INTERNAL AND EXTERNAL HEAT
INDUCING YOGA! COME TO ONE,
THREE OR ALL OF THE CLASSES!

EMAIL ME AT
AMANDALEECASKIE@GMAIL.COM TO
LET ME KNOW YOU WILL COME
AND/OR IF YOU HAVE ANY
QUESTIONS!

WWW.AMANDALEECASKIE.COM

WWW.MULAYOGA.CA

