

# Yoga with Corrie\*

<http://www.corrievorlauferyoga.com/>



upstairs at **North Vancouver Aikikai**  
**121 East 1<sup>st</sup> Street, North Vancouver, BC V7L 1B2**  
Corrie Vorlaufer cell: 604 761-0074 Studio: 604 983-8730 VM #4  
Tuesday January 30<sup>th</sup> to Sunday March 25<sup>th</sup>, 2018

| <b><u>Weekly Class Schedule</u></b>                      |              |
|--|--------------|
| <b>Tuesday</b>   | <b>Level</b> |
| 1:30 to 3:00 pm  | 55+          |
| 5:00 to 6:30 pm  | 1 & 2        |
| 7:00 to 8:30 pm  | 1 & 2        |
| <b>WEDNESDAY</b>   |              |
| 12:30 to 2:30 pm   | 1 & 2        |
| <b>THURSDAY</b>  |              |
| 9:30 to 11:30 am   | 1 & 2        |
| 1:30 to 3:00 pm  | gentle       |
| 6:00 to 8:00 pm  | 1 & 2        |
| <b>SATURDAY</b>  |              |
| 9:00 TO 11:00 am   | 1 & 2        |
| <b>SUNDAY</b>  |              |
| 8:00 to 10:00 am   | 1 & 2        |
| <b>Private classes and workshops<br/>by arrangement.</b> |              |

**GST is in addition  
to all prices shown**

**8 weeks registration for  
one class per week  
\$184 (2 hour class/\$23)  
\$168 (1 1/2 hour class/\$21)**

**Single Class Drop-In Fee  
\$27 - 2 hour  
\$25 - 1 1/2 hour**

**Online payment can be made via any major credit  
card type or PayPal at  
<http://www.nvaikikai.org/>**

**We only accept cheques made to “North  
Vancouver Aikikai” and cash at studio**

**\*Iyengar–Certified Teachers / Certification Mark**

The certification mark (worldwide patent), granted to Certified Iyengar Yoga teachers by B.K.S. Iyengar, indicates authentic Iyengar Yoga teachers who are bound by the ethical guidelines of the Iyengar method of Hatha yoga, and do not mix in other styles of yoga when they teach their classes. It indicates an instructor’s authenticity and authorization to teach Iyengar Yoga.