

Yoga with Carrie*

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



upstairs at **North Vancouver Aikikai**
121 East 1st Street, North Vancouver, BC V7L 1B2
Corrie Vorlaufer cell: 604 761-0074 Studio: 604 983-8730 VM #4
Tuesday November 27th to Sunday January 27th, 2019
No classes Dec 25th, 26th 2018 and Jan 1st 2019

Weekly Class Schedule		<p><u>GST is in addition</u> to all prices shown</p> <p>9 weeks registration for one class per week \$207 (2 hour class/\$23) \$189 (1 1/2 hour class/\$21)</p> <p>Single Class Drop-In Fee \$27 - 2 hour \$25 - 1 1/2 hour</p> <p>Online payment can be made via any major credit card type or PayPal at http://www.nvaikikai.org/</p> <p>We only accept cheques made to “North Vancouver Aikikai” and cash at studio</p>
Tuesday	Level	
1:30 to 3:00 pm	55+	
5:00 to 6:30 pm	1 & 2	
7:00 to 8:30 pm	1 & 2	
WEDNESDAY		
12:30 to 2:30 pm	1 & 2	
THURSDAY		
9:30 to 11:30 am	1 & 2	
1:30 to 3:00 pm	gentle	
6:00 to 8:00 pm	1 & 2	
SATURDAY		
9:00 TO 11:00 am	1 & 2	
SUNDAY		
8:00 to 10:00 am	1 & 2	
<p>Private classes and workshops by arrangement.</p>		

***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.