



YOGA DAY FOR BURMA

SUNDAY, OCTOBER 28

Downtown Barrie - 44 Dunlop St. E.

Upper Level (YogaRoom 705.792.5960)

Classes by donation

All proceeds go directly to aid the refugees of Burma through the
Project Umbrella Burma non-profit organization

- | | |
|------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8:00 – 8:45 am | Opening: 5 minutes chanting of OM,
Kundalini Healing Meditation, Laughter Yoga – All levels
<i>Barb Marshall and Ganga Auer; YogaRoom</i> |
| 9:00 - 9:45 am | Power Yoga – All levels
<i>Ann Green; Mind to Muscle Studio and Bliss Yoga</i> |
| 10:00 - 10:45 am | Flow Yoga (Tantra/Kundalini) – All levels
<i>Anastasia Goodman; Om Sweet Om</i> |
| 11:00 - 11:45 am | Ashtanga Yoga – All levels
<i>Jan Bailey; Balanced Body Pilates & Yoga Studio</i> |
| 12:00 - 12:45 pm | Vinyasa Intro – All levels
<i>Kelly Smith; Balanced Body Pilates & Yoga Studio</i> |
| 1:00 - 1:45 pm | Kripalu Partner Yoga – All levels
<i>Cindy Thomas; Lafontaine</i> |
| 2:00 - 2:45 pm | Hatha and Partner Yoga – All levels
<i>Carol Phillips; Barrie Core Wellness Centre</i> |
| 3:00 - 3:45 pm | Gentle Mindful Scaravelli Yoga – All levels
<i>Cheryl McCague-Shane; Yoga in Medonte</i> |
| 4:00 – 4:45 pm | Yoga Dance – All levels
<i>Anne Robinson; Simply Yoga</i> |
| 5:00 – 5:45 pm | Kripalu Yoga – All levels
<i>Sandra Appleby; Lighter Living Yoga and Wellness</i> |
| 5:50 – 6:30 pm | Closing: Kirtan and 5 minutes chanting of OM |

Payment accepted by cash or cheque.

Donations over \$10 by cheque will receive a charitable receipt by mail.

Please visit www.projectumbrellaburma.com for more information.

The classes are donated by Barrie and area yoga teachers.

