

winter schedule at rooted tree

February 1st – March 12th 2020

MONDAYS	TUESDAYS	WEDNES'	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
6:15-7:15pm Hatha Vinyasa & 7:30-8:30pm Yin Yoga Restorative (FR-EN) with Stephanie	7 – 8:30pm AcroYoga with Sheila*	7 – 8pm Prenatal Yoga with Shelby*	7:15-8:00am Yoga for Shredders with Candace	7:15-8:15pm Hatha Vinyasa (FR-EN) with Stephanie	10-11:30am Yin Yoga & Foam Rolling with Muguette	12:30-1:30pm Gentle Yoga with Sheila
UPCOMING WORKSHOPS & INTENSIVES March 7 th @ 7:30-8:30pm: Glow Yoga w/ Rebekah– last of the season! March 8 th @ 7:15-8:15pm: Full Moon Yoga w/ Candace					*Blue text means you must register to attend the class. Proration available! 867.334.8599	

spring schedule at rooted tree

March 13th – May 26th 2020

MONDAYS	TUESDAYS	WEDNES'	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
6:15-7:15pm Introduction to Yoga (FR) w/ Stephanie	7-7:45/8am Kundalini + 15 min opt. meditation w/ Sheila	7 – 8pm Prenatal Yoga with Shelby	7:15-8:00am Spring Morning Stretch w/ Candace*	7:15-8:15pm Hatha Vinyasa with Shelby	10-11:30am Yin Yoga w/ Muguette Mar 14-Apr 18 or Stephanie Apr 25 – May 23	12:30-1:30pm Gentle Yoga with Sheila
7:30-8:30pm Yin Yoga Restorative (FR-EN)	7 – 8:30pm AcroYoga with Sheila	Blue text means you must register to attend. No Class on long weekends *No class March 19 th 867.334.8599			Check out the website for more www.rootedtreemassage.com rootedtreemassage@gmail.com 407 Black St Whitehorse, YT	

UPCOMING WORKSHOPS & INTENSIVES

March 15 – 21 @ 7 - 8am: Kundalini Immersion w/ Sheila

April 8th @ 8:20 - 9:20pm: Full Moon Yoga w/ Sheila

April 22nd 7 - 8am: Earth Day Celebration w/Candace