

The Sacred Space *Breathe Easier & Feel Better*

ADDRESS: 10607-101st Ave, FSJ, BC // Studio SCHEDULE updated: September 4, 2010

Monday	Tuesday	Wednesday	Thursday	Friday
6 6:00am-Jazzercise 7pm Éiriú Eolas MEDITATION -Henry	7 8:15am Silent MEDITATION- Brenda 9:15am Chakra YOGA-Brenda 5:15pm Chakra YOGA-Brenda 7pm Chakra YOGA-Brenda	8	9 6am Buddhist MEDITATION-Scott 8:15am Silent MEDITATION-Brenda 9:15am Chakra YOGA-Brenda 5:15pm Chakra YOGA-Brenda 7:15pm Heart Full Living	10 6:00am-Jazzercise
13 6:00am-Jazzercise 5:30pm Hatha YOGA-Kristin 7pm Éiriú Eolas MEDITATION -Henry	14 8:15am Silent MEDITATION-Brenda 9:15am Chakra YOGA - Brenda 11:15pm TAI CHI 5:15pm Chakra YOGA-Brenda 7pm Chakra YOGA-Brenda	15 9:15am QI GONG 5:30pm QI GONG 7pm Hatha YOGA-Kristin	16 6am Buddhist MEDITATION-Scott 8:15am Silent MEDITATION-Brenda 9:15am Chakra YOGA-Brenda 11:15am TAI CHI 5:15pm Chakra YOGA-Brenda 7:15pm Heart Full Living	17 6:00am-Jazzercise
20 6:00am-Jazzercise 5:30pm Hatha YOGA-Kristin 7pm Éiriú Eolas MEDITATION -Henry	21 8:15am Silent MEDITATION- Brenda 9:15am Chakra YOGA - Brenda 11:15pm TAI CHI 5:15pm Chakra YOGA-Brenda 7pm Chakra YOGA-Brenda	22 9:15am QI GONG 5:30pm QI GONG 7pm Hatha YOGA-Kristin	23 6am Buddhist MEDITATION-Scott 11:15am TAI CHI	24 6:00am-Jazzercise
27 6:00am-Jazzercise 5:30pm Hatha YOGA-Kristin 7pm Éiriú Eolas MEDITATION -Henry	28 8:15am Silent MEDITATION-Brenda 9:15am Chakra YOGA - Brenda 11:15pm TAI CHI 5:15pm Chakra YOGA-Brenda 7pm Chakra YOGA-Brenda	29 9:15am QI GONG 5:30pm QI GONG 7pm Hatha YOGA-Kristin	30 6am Buddhist MEDITATION-Scott 8:15am Silent MEDITATION-Brenda 9:15am Chakra YOGA-Brenda 11:15am TAI CHI 5:15pm Chakra YOGA-Brenda 7:15pm Heart Full Living	1
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September

October

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<p>Chakra Yoga Tues/Thurs <u>½ hr Morning Silent Meditation</u> Tues/Thurs Brenda Chmelyk info@realfocustraining.com 250-262-4141</p>	<p>Tai Chi & Qi Gong Tues/Wed/Thurs Tammy Bilodeau Willow Moon Internal Arts tammylb@pris.ca 250- 787-9779</p>	<p>Éiriú Eolas Meditation Mondays 7PM Henry See merzbau.see@googlemail.com www.eiriueolas.org 250-787-8822</p>	<p>Heart of the Earth Emporium More than just a store! Healing treatments & crystal prescriptions HOURS Tues-Fri: 11am-5pm Sat: Noon-3pm Closed Sun/Mon Sandra Zoerb sdzoerb@telus.net 250-263-1486</p>	<p><i>Heart Full Living</i> THURSDAYS 7:15-8:30pm 1 hour of positive inspiration & courage to help live life with heart-full intention. Brenda Chmelyk FREE to attend!</p>
<p>Hatha Yoga Mon/Wed Kristin Franklin kristin@findyourinnerbalance.com 250-263-1120</p>	<p>Jazzercise® Mon/Fri April Stewart jazzercise@fsj.telus.net 250-262-6837</p>	<p>Buddhist Meditation Thursdays 6AM Scott Longstaff lb4r@live.ca 250-262-8717</p>		

Please contact studio TEACHERS directly for information about their classes.