

# Summer Schedule

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## ELGIN STREET

298 Elgin Street (at Gilmour)  
613 237-7447

<b>MONDAY</b>	
12:00 - 1:00 pm	<b>Hatha Yoga</b> Sarah Murphy
4:15 - 5:45 pm	<b>Hatha Yoga</b> Loren Crawford
5:45 - 7:15 pm	<b>Power Yoga (Ideal for Runners)</b> Markus Sanchez
7:30 - 9:00 pm	<b>Ashtanga</b> Daniel Mendoza
<b>TUESDAY</b>	
10:00 - 11:30 am	<b>Hatha Yoga</b> Tania Frechette
12:00 - 1:00 pm	<b>Hatha Flow</b> Tania Frechette
5:45 - 7:15 pm	<b>Yin Yoga</b> Ichih Wang
7:30 - 9:00 pm	<b>Ashtanga Intro</b> Daniel Mendoza
<b>WEDNESDAY</b>	
12:00 - 1:00 pm	<b>Hatha Yoga</b> Loren Crawford
5:45 - 7:15 pm	<b>Hot Yoga</b> Ichih Wang
7:30 - 9:00 pm	<b>Ashtanga Variations</b> (Ideal for Athletes) Daniel Mendoza
<b>THURSDAY</b>	
12:00 - 1:00 pm	<b>Hatha Flow</b> Loren Crawford
5:45 - 7:15 pm	<b>Power Yoga</b> Mike Dynie
7:30 - 9:00 pm	<b>Hot 26</b> Mike Giroux

<b>FRIDAY</b>	
12:00 - 1:00 pm	<b>Hatha Flow</b> Rosemarie Taylor
5:45 - 7:15 pm	<b>Hatha Flow</b> Various Teachers*
<b>SATURDAY</b>	
8:45 - 10:15 am	<b>CANCELLED UNTIL FALL</b>
10:30 - 12:00 pm	<b>Power Yoga (Ideal for Runners)</b> Tania Frechette
12:15 - 1:45 pm	<b>SOMETHING NEW COMING SOON</b>
2:00 - 3:30 pm	<b>Hatha Yoga (Beginners Welcome)</b> Britt Amell
4:00 - 5:30 pm	<b>Ashtanga</b> Bethany Quinn

<b>SUNDAY</b>	
9:15 - 10:45 am	<b>Yin Yoga</b> Ichih Wang
11:00 - 12:30 pm	<b>Power Yoga</b> Mike Dynie
2:30 - 4:00 pm	<b>Intro to Yoga</b> Various Teachers*
4:30 - 6:00 pm	<b>CANCELLED UNTIL FALL</b>

## WESTBORO

346 Richmond Road (above Lululemon)  
613 235-5378

<b>MONDAY</b>		<b>THURSDAY</b>	
5:30 - 7:00 pm	<b>Yin &amp; Meditation</b> David Wegenast*	6:30 - 7:30 am	<b>Power Yoga</b> Danielle Simpson
5:45 - 7:15 pm	<b>Hot Yoga</b> Ichih Wang	9:30 - 11:00 am	<b>Hatha Yoga</b> Nancy Maddams
7:30 - 9:00 pm	<b>Ashtanga / L1</b> Scott Hooper	5:45 - 7:15 pm	<b>Yin &amp; Meditation</b> Marla Ericksen
<b>TUESDAY</b>		7:30 - 9:00 pm	<b>Ashtanga / L1</b> Scott Hooper
6:30 - 7:30 am	<b>Vinyasa Flow</b> Justine Hoang	<b>FRIDAY</b>	
9:30 - 11:00 am	<b>Hatha Yoga</b> Nancy Maddams	8:15 - 9:45 am	<b>Hatha Yoga</b> Nancy Maddams
5:45 - 7:15 pm	<b>Ashtanga / L1</b> Tippy Graham	12:15 - 1:30 pm	<b>Gentle Hatha Flow</b> Sarah Murphy
5:45 - 7:15 pm	<b>Gentle Kripalu Flow</b> Various Teachers*	5:45 - 7:15 pm	<b>Hot Flow</b> Ichih Wang
7:30 - 9:00 pm	<b>Restorative Yoga</b> Diane Proulx*	6:45 - 8:15 pm	<b>Ashtanga</b> Brooke Monette
<b>WEDNESDAY</b>		<b>SATURDAY</b>	
12:15 - 1:15 pm	<b>Hatha Flow</b> Sarah Murphy	8:45 - 10:15 am	<b>Power Yoga</b> Markus Sanchez
5:45 - 7:15 pm	<b>Ashtanga / L1</b> Donna Hughes	11:00 - 12:30 pm	<b>Hatha Flow</b> Bethany Quinn
5:45 - 7:15 pm	<b>Gentle Hatha</b> Marla Ericksen	2:00 - 3:30 pm	<b>Prenatal Yoga</b> Louise Hayden
7:15 - 8:45 pm	<b>Yin Yoga</b> Marla Ericksen	4:00 - 5:30 pm	<b>Hatha Yoga</b> Julie Oliveira
<b>SUNDAY</b>		<b>SUNDAY</b>	
		10:00 - 12:00 pm	<b>Yin &amp; Ashtanga</b> David Jewitt
		1:30 - 2:30 pm	<b>CANCELLED UNTIL FALL</b>
		3:30 - 5:00 pm	<b>CANCELLED UNTIL FALL</b>
		5:30 - 7:00 pm	<b>Yin Yoga</b> David Wegenast*



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\*Regularly scheduled teachers will be returning in the fall...