



December 2020

Inspired Living Virtual Yoga Schedule

Sundays - 4:45-5:45 PM
Free Your Hips + Core

Mondays - 7:00-8:00 AM
Rise and Shine

Tuesdays - 5:00-6:00 PM
Vinyasa

Wednesdays - 7:00-8:00 AM
Rise and Shine

Thursdays - 7:15 -8:30 PM
Bliss
Dec. 24 and 31, 9:00-10:30 AM

Fridays - 9:00 -10:00 AM
Vinyasa
No Class December 25

Saturdays - 8:30-9:30 AM
Hatha Flow

“Yoga the experience requires yoga the practice.
Let's keep showing up.”

www.inspiredlivingwithsylyvie.com

Sylvie Gouin - 111sylyvie@gmail.com - 613-402-1088 - Ottawa, On, Canada