



SUNNY SALLY'S

Retreats*Yoga*Fitness

SCHEDULE OF WEEKLY CLASSES

Sign up with Sarah text 519-494 7107 or email info@sunnysallys.ca to reserve your spot

SCHEDULE

MONDAY - Noon - YOGA VINYASA FLOW - a flowing, accessible, yoga for all levels, combines movement sequences with breath. Easy to follow and has been known to improve balance, mobility, flexibility and overall mind body connection

WEDNESDAY - 6 PM - YOGA - PoWer FLoW - More challenging, strength based power yoga -synergizing movement with breath. A vinyasa flow with some added Burn for toning. Has been known to improve strength, balance, mobility, flexibility and overall mind body connection

WEDNESDAY - 7:30PM - YOGA - Tranquil MeLLow GLOW - Candlelight class- slow down, allow the body to heal. Cultivating a space and time for you to unwind, release stress, deepen inner peace, rest and restore

THURSDAY - 6 PM - mETAFiT and Yoga blisS - an effective hour and 15 minute combo class with a scientifically designed high intensity workout to maximize your caloric burn, using your own body weight and then a concise yoga designed to leave you limber and zen

FRIDAY - 9:30AM - YOGA VINYASA FLOW - a flowing, accessible, yoga for all levels, combines movement sequences with breath. Easy to follow and has been known to improve mobility, flexibility and overall mind body connection

