



**ZOOM online classes for Holiday Break Session
December 21, 2020 to January 3, 2021**

Register for 1 week at a time or both weeks and
you will receive a link for your online ZOOM class.

MONDAY Dec 21 Dec 28	TUESDAY Dec 22 Dec 29	WEDNESDAY Dec 23 Dec 30	FRIDAY Jan 1
<i>9:30am – 10:30am Aging Gracefully Modified Level 1 ZOOM online class Missi</i>	<i>10:30am – 12:00pm ALL LEVELS ZOOM online class Tracy</i>	<i>9:30am – 11:00am Aging Gracefully Modified Level 1,2 ZOOM online class Missi</i>	No Classes Dec 25 <i>January 1st 11:00am – 12:00pm An Introduction to Pranayama LEVEL 1 ZOOM online class Tracy</i>

**Pricing: \$12 for 1.0 hr class and \$14 for 1.5 hour class
Payment is by e-transfer to the specific teacher.**



**# 106-335 Wesley St | Nanaimo, BC
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Special 2 Week schedule as of Dec 16, 2020