

# October Teaching Schedule



**Studio Locations:**

- Naada Yoga Montreal, 5540 Casgrain Avenue
- Ashtanga Yoga Montreal, 372 Ste. Catherine West, suite 118
- Pose à Porter, 1335 Rue Panet

S	M	T	W	Th	F	S
1	2	3	4	5	6	7
Injury Care, 15-17h		Level 1, 18h-19:30 Level 1 Wall, 20-21h	Wall Restorative, 20-21h			
8	9	10	11	12	13	14
		Level 1, 18h-19:30 Level 1 Wall, 20-21h	Wall Restorative, 20-21h		Level 1 Wall, 16h-17:30	
15	16	17	18	19	20	21
		Level 1, 18h-19:30 Level 1 Wall, 20-21h	Wall Restorative, 20-21h		Level 1 Wall, 16h-17:30	
22	23	24	25	26	27	28
Beginners, 18h-19:30	Level 1, 18h-19:30 Level 1 Wall, 20-21h	Wall Restorative, 20-21h		LYB Yoga, 16-17:30	Level 1 Wall, 16h-17:30	
29	30	31				
Beginners, 18h-19:30	Level 1, 18h-19:30 Level 1 Wall, 20-21h					