



150 WAYS TO PRACTICE IN NOVEMBER

150 CLASSES FOR \$150
PRE-REGISTRATION RECOMMENDED COASTALBLISSYOGA.COM



Tribal Parks Allies

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 7am Opening Vinyasa & Meditation 11am Yang Yin 4pm Breathwork for Surfing 6pm Vinyasa 7:45pm Samhain - Death Meditation \$30	2 7am Warm Hatha 9am Journey Through Chakras 11am Community 6pm Hatha 7:45pm Yin	3 7am Power 9am Pre/post natal FREE 11am Chair Yoga 4:30pm Hatha - Guy Friswell 6pm Slow Flow - Guy Friswell	4 9am Mobility Flow - Guy Friswell 1:30pm Intro to Acro Yoga 11am Hatha 4:30pm Vinyasa
5 9am Meditation 11am Foundations 6pm Vinyasa 7:45pm Yin & Nidra Prize Draw 12:30PM	6 7am Warm Morning Vinyasa 9am Power 11am Yang & Yin 6pm Vinyasa 7:45pm Community Yoga	7 7am Warm Morning Hatha 11am Foundations 4:30pm Yoga and the 7iisaak Pledge 6pm Hatha 7:45pm Yin/Restorative	8 7am Warm morning Vinyasa 11am Yang Yin 4pm Breathwork for Surfing 6pm Vinyasa 7:45pm Restorative	9 7am Warm Hatha 9am Journey Through Chakras 11am Community 6pm Hatha 7:45pm Yin	10 7am Power 11am Chair Yoga 4:30pm Hatha, Pranayama, and Meditation 6pm Vinyasa and Chinese Medicine Theory 7:45pm Restorative	11 8:30am Yoga and Ayurveda 11am Hatha 4:30pm Vinyasa 7:45pm Restorative
12 9am Meditation 11am Foundations 6pm Vinyasa 7:45pm Yin & Nidra Prize Draw 12:30PM	13  7am Warm Morning Vinyasa 9am Power 11am Yang & Yin 6pm New Moon Vinyasa 7:45pm Community Yoga	14 7am Warm Morning Hatha 11am Foundations 4:30pm Yoga and the 7iisaak Pledge 6pm Hatha 7:45pm Yin/Restorative	15 7am Warm morning Vinyasa 11am Yang Yin 4pm Breathwork for Surfing 6pm Vinyasa 7:45pm Restorative	16 7am Warm Hatha 9am Journey Through Chakras 11am Community 6pm Hatha 7:45pm Yin	17 7am Power 11am Chair Yoga 4:30pm Hatha, Pranayama, and Meditation 6pm Vinyasa and Chinese Medicine Theory 7:45pm Restorative	18 9am Hatha, Pranayama and Meditation 1:30pm Intro to Acro Yoga 11am Hatha 4:30pm Vinyasa 7:45pm Restorative
19 9am Meditation 11am Foundations 6pm Vinyasa 7:45pm Yin & Nidra Prize Draw 12:30PM	20 7am Warm Morning Vinyasa 9am Power 11am Yang & Yin 6pm Vinyasa 7:45pm Community Yoga	21 7am Warm Morning Hatha 11am Foundations 4:30pm Yoga and the 7iisaak Pledge 6pm Hatha 7:45pm Yin/Restorative	22 7am Warm morning Vinyasa 11am Yang Yin 4pm Breathwork for Surfing 6pm Vinyasa 7:45pm Restorative	23 7am Warm Hatha 9am Journey Through Chakras 11am Community 6pm Hatha 7:45pm Yin	24 7am Power 11am Chair Yoga 4:30pm Hatha, Pranayama, and Meditation 6pm Vinyasa and Chinese Medicine Theory 7:45pm Yin and Chinese Medicine Theory	25 9am Hatha, Pranayama and Meditation 11am Hatha 4:30pm Vinyasa 7pm - 9:30pm Release, Embrace and Dream \$50 Sound bath with yin, somatic, Nidra
26 9am Meditation 11am Foundations 6pm Vinyasa 7:45pm Yin & Nidra Prize Draw 12:30PM	27  7am Warm Morning Vinyasa 9am Power 11am Yang & Yin 6pm Full Moon Vinyasa 7:45pm Community Yoga	28 7am Warm Morning Hatha 11am Foundations 4:30pm Yoga and the 7iisaak Pledge 6pm Hatha 7:45pm Yin/Restorative	29 7am Warm morning Vinyasa 11am Yang Yin 4pm Breathwork for Surfing 6pm Vinyasa 7:45pm Restorative	30 7am Warm Hatha 9am Journey Through Chakras 11am Community 6pm Hatha 7:45pm Yin 9pm Closing Circle	 BEACH RESORT · TOFINO Thank you to our sponsors and prize donors:	



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