

Greetings!

Hoping all is well, kindly have patience with me as I get familiarized with my new iMac. It certainly is a learning experience.

Pls find below the schedule for February and March. As u can see Lotus Healing will once again be giving classes for Grouille and Rouille. Should anyone have any interest in joining any of the classes please feel free to contact me by phone at 705-367-2929 or by email doris@lotushealing.ca.



February

1st	Wednesday	Yoga Pilates	10:00 am 2:00 pm	Grouille ou Rouille
2nd	Thursday	Pilates	6:30 pm	
3rd	Friday	Yoga Pilates	10:00 am 6:30 pm	Grouille ou Rouille
6th	Monday	Yoga Pilates	10:00 am 6:30 pm	Grouille ou Rouille
7th	Tuesday	Pilates	6:30 pm	
8th	Wednesday	Yoga Pilates	10:00 am 2:00 pm	Grouille ou Rouille
9th	Pilates	Pilates	6:30 pm	

March

5th	Monday	Yoga Pilates	10:00 am 6:30 pm	Grouille ou Rouille
6th	Tuesday	Pilates	6:30 pm	
7th	Wednesday	Yoga Pilates	10:00 am 2:00 pm	Grouille ou Rouille

8th	Thursday	Pilates	6:30 pm	
9th	Friday	Yoga	10:00 am	
12th	Monday	Yoga Pilates	10:00 am 6:30 pm	Grouille ou Rouille
13th	Tuesday	Pilates	6:30 pm	
14th	Wednesday	Yoga Pilates	10:00 am 2:00 pm	Grouille ou Rouille
15th	Thursday	Pilates	6:30 pm	
16th	Friday	Yoga	10:00 am	
19th	Monday	Yoga	10:00 am	
20th	Tuesday	Pilates	6:30 am	
21st	Wednesday	Yoga	10:00 am	
22nd	Thursday	Pilates	6:30 pm	
23rd	Friday	Yoga	10:00 am	
26th	Monday	Yoga	10:00 am	

A new Pilates session will be starting on the

6th of March to the 22nd of March (6 classes \$90.00) Please Register!

A regular schedule will then return beginning April 9th, 2012