

New students – Your first class is

FREE!

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WEBSITE

www.theroyalpathwaysinc.com



The
Royal Pathways
Inc.
20TH ANNIVERSARY
1990 - 2010



I AM LIMITLESS

YOGA & MEDITATION SCHEDULE – Spring 2010

<u>Yoga Class Dates</u>	<u>Times</u>	<u>Location</u> <i>See address below</i>	<u>Suggested Fee</u> <i>Incl. GST</i>	<u>Instructors</u>
Adult Beginner Yoga				
<i>Tuesday</i>				
Apr 13 – Jun 29 (12 wks)	12:20 – 1:20 pm	Don Mills	\$ 120	Jane
<i>Wednesday</i>				
Apr 14 – Jun 30 (12 wks)	7:00 – 8:30 pm	Newmarket ¹	\$ 144	Jane
Apr 14 – Jun 30 (12 wks)	7:30 – 9:00 pm	Whitby	\$ 144	Robert
Intermediate Yoga				
<i>Sunday</i> *No classes Apr 25, May 23				
Apr 11 – Jun 20* (9 wks)	7:00 – 8:30 pm	Port Perry	\$ 108	Jennifer
Prenatal Yoga				
<i>Sunday</i> *No classes Apr 25, May 23				
Apr 11 – Jun 20* (9 wks)	10:00 – 11:10 am	Newmarket	\$ 108	Solange
<i>Friday</i> *No class May 14				
Apr 16 – Jun 18 (9 wks)	7:00 – 8:10 pm	Newmarket	\$ 108	Jane
Mother and Baby Yoga (6 Weeks to Crawling)				
<i>Monday</i>				
Apr 12 – May 17 (6 wks)	1:00 – 2:00 pm	Newmarket	\$ 72	Rasamayi
May 31 – Jun 28 (5 wks)	1:00 – 2:00 pm	Newmarket	\$ 60	Rasamayi
Yoga Instructor Certification Course				
Starts Sunday Mar 28 (9mos)	2:00 – 5:00 pm	Port Perry	On request	Jennifer
Starts Sunday Apr 11 (9mths)	2:00 – 5:00 pm	Aurora	On request	Rasamayi
NEW! Meditation Course by Telephone <i>Upon registration you will receive an information packet</i>				
Level 1 - Tuesday (3 wks)	Apr 6, 13, 20	8:15 – 9:15 pm	\$ 65	
Level 2 - Wednesday (3 wks)	Apr 7, 14, 21	8:15 – 9:15 pm	\$ 65	

YOGA CLASS LOCATIONS

DON MILLS
NEWMARKET¹
NEWMARKET
PORT PERRY
WHITBY

Korean Canadian Cultural Centre
Trinity United Church
Prenatal Plus Centre
Island Dance Studio
Christ the King Lutheran Church

1133 Leslie Street
461 Park Street
130 Davis Dr, Suite 206
4 Rose Street
1825 Manning Road



THE FREEDOM SEMINARS – CHANGE YOUR LIFE NOW!!!

Upcoming Dates: Sunday April 25th, Saturday May 15th, Sunday June 27th a full-day of self-discovery. Based upon the ancient science of Yoga, the Freedom Seminars apply this timeless Wisdom into modern day tools and techniques for creating and maintaining optimum health and peace of mind. New Seminar topics are introduced each month. See our website for individual Seminar descriptions.

Thank you for celebrating our 20th Anniversary with us.

We are honoured to continue to serve you.

Call **1-877-330-9988** or visit www.theroyalpathwaysinc.com