

2011 Workshops

For full details go to our website
<http://www.soyayoga.com/yoga-workshops.html>

Penticton, BC at Purple Lotus Yoga

www.purplelotusyoga.ca

April 29, 2011 Friday 6-9pm

Freedom Style Yoga with Bob

April 30, 2011 Saturday 9am-4pm

Yoga with Mugs

Lethbridge, AB

at Canadian Yoga Institute

www.yogacanada.org

May 6-7, 2011

Vinyasa, Mudra and Mantra

With Mugs

Ft. McMurray, AB

at Ananda Center for Balance

www.anandacenter.ca

June 3-4, 2011

5 Tibetan Rites, Asana, Mudra and Mantra

With Mugs

Naramata, BC

at Naramata Centre

www.naramatacentre.net

How the Body Awakens Us to the Soul

July 30-Aug 6, 2011 and

Aug 7-13, 2011

Register in January! Classes Fill!

Medicine Hat, AB

at Blue Butterfly Yoga

<http://bluebutterfly.typepad.com/>

October 21-22, 2011

2011 Yoga Classes

Melaque, Jalisco, Mexico

Dec 13th 2010 to March 14th, 2011

Mondays 5-6:30pm at #1 Reforma

mugs.soya@gmail.com

2011 SOYA Annual Retreat

**Special Guest Sri Dharma Mittra from
New York City**

June 10-12, 2011

At Naramata Centre, Naramata BC

Our annual retreat for dedicated yogis and
yoginis, hosted by Bob and Mugs

www.soyayoga.com for details!

2011 Teacher Training Programs

For full details go to our web page

<http://www.soyayoga.com/soya-yoga-teacher-training.html>

Melaque, Jalisco, Mexico

Feb 5-18, 2011

at Calle Primavera #10

200 Hour RYT Certification

mugs.soya@gmail.com

Fernie BC

May 10-24, 2011

at Raw Fernie Retreat and Wellness

200 Hour RYT Certification

300 Hour Upgrade Module 2

<http://rawfernieretreat.com/>

Calgary, AB

July 2-15, 2011

at Harmony Yoga & Pilates Studio

200 Hour RYT Certification

www.harmonyyogastudio.ca

Wawa, Ontario

Oct 4-17, 2011

at Rock Island Lodge

200 Hour RYT Certification

www.rockislandlodge.ca