



INTRODUCTORY CLASSES & WORKSHOPS

Updated March 2008



This lists introductory classes and workshops Neil will lead in coming months. The astrix (*) indicates a joint offering of *Learnng to Meditate/Simplify Your Life*. Register for any of these through the contact numbers. Should you not find one that meets your needs, please get in touch as dates and options are always being added. Neil also offers a range of corporate, organizational, and private events.

Weekly Classes

Mon May 5 - Jun 23	1:00-2:00	Monterey Centre	370-7300
Wed May 7 - Jun 25	8:00-9:00	Monterey Centre	370-7300
Wed May 14 - Jun 25	1:30-2:30	UVic	721-7282
Thur May 8 & May 15	7:00-8:30	Gordon Head Rec	475-7100
Mon Jul 7 - Jul 28	1:00-2:00	Monterey Centre	370-7300
Mon Jul 7 - Jul 28	6:30-7:30	Gordon Head Community	475-7100
Wed Jul 9 - Jul 30	8:00-9:00	Monterey Centre	370-7300
Mon Aug 11 - Aug 25	1:00-2:00	Monterey Centre	370-7300
Mon Aug 11 - Aug 25	6:30-7:30	Gordon Head Rec	475-7100
Wed Aug 13 - Aug 27	8:00-9:00	Monterey Centre	370-7300

One-Time Workshops

Sat Apr 5	1:30-4:00	Queenswood	info@neilmckinlay.com
Wed Apr 30	7:00-9:00	Monterey Centre	370-7300
Sat May 3	1:00-3:00	VI Fitness (Oak Bay)	595-3354
Sat May 10	1:30-4:00	Queenswood	info@neilmckinlay.com
Tues May 27	7:00-9:00	Shoreline Community	386-8367
Sat May 31*	9:00-4:00	Queenswood	477-3822
Sat Jun 7	9:00-Noon	Lynn Wylie Yoga	370-0464
Sat Jun 21	10:00-Noon	Monterey Centre	370-7300
Sat Jul 19	1:30-4:00	Queenswood	info@neilmckinlay.com
Tues Jul 22	7:00-9:00	Shoreline Community	386-8367

All-Level Immersions

Wed Jul 2 - Fri Jul 4	9:00-Noon	Monterey Centre	370-7300
Mon Aug 25 - Fri Aug 29	9:00-Noon	Monterey Centre	370-7300