

**SUMMER SCHEDULE ~ June 20 - September 05, 2016**

Monday	Class	level	studio	teacher
9:30 - 10:30	Pilates	2/3	jala	Laura
9:30 - 10:30	Hatha Yoga <b>NEW</b>	1/2	shakti	Michelle
12:00 - 1:00	Flow Yoga	2	shakti	Natasja
5:30 - 6:30	Beginner Yoga	1	shakti	Julie
5:45 - 6:45	YogaSculpt	2	jala	Lauren
7:00 - 8:15	Hatha Yoga	2	jala	Shannon
7:00 - 8:15	HOT Flow Yoga	2/3	shakti	Bryhn
8:30 - 9:30	Yin Yoga	1/2	jala	Krista
Tuesday	Class	level	studio	teacher
6:30 - 7:30	Sunrise Yoga <b>NEW</b>	2	shakti	Christina
9:30 - 10:45	Flow Yoga	2	shakti	Natasja
10:30 - 11:45	Hatha Yoga	1/2	jala	Kate
5:45 - 7:00	Warm Restorative	n/a	shakti	Kate
5:45 - 6:45	Hatha Yoga	1/2	jala	Michelle
7:15- 8:30	HOT Flow Yoga	2	shakti	Kate
7:00 - 8:00	Corefusion	2	jala	Carly
8:15 - 9:15	Pilates	2	jala	Laura
Wednesday	Class	level	studio	teacher
9:30 - 10:30	Pilates	1/2	jala	Laura
9:30 - 10:30	Core Flow yoga	2	shakti	Christina
12:00 - 1:00	Flow Yoga	2	shakti	Laurel
5:45 - 6:45	YogaSculpt + TotalBarre	2/3	jala	Natasja
7:00 - 8:15	HOT Flow Yoga	2/3	shakti	Natasja
7:00 - 8:15	Luminous yoga	1/2	jala	Jeff
8:30 - 9:45	Yin Yoga Mudra	1/2	jala	Jeff

Thursday	Class	level	studio	teacher
6:30 - 7:30	Sunrise Yoga	1	jala	Claudia
9:30 - 10:30	Pilates	2	jala	Laura
9:30 - 10:45	Yin/Yang Yoga	1/2	shakti	Kate
5:00 -6:00	Hatha yoga	1/2	jala	Shannon
6:00- 7:00	Power Yoga	2	shakti	Sandi
6:15 -7:15	BarreYoga	2	jala	Kate
7:30 - 8:30	Pre-Natal Yoga	n/a	jala	Melanie
7:30 - 8:45	Warm Restorative	n/a	shakti	Kate
Friday	Class	level	studio	teacher
9:30 - 10:30	Therapeutic Yoga	n/a	shakti	Natasja
11:00 - 12:15	Flow Yoga	1/2	shakti	Natasja
7:15- 8:15	Flow Yoga	2/3	shakti	Kate
Saturday	Class	level	studio	teacher
8:30 - 9:30	YogaSculpt	2/3	jala	Natasja
10:00 - 11:00	Foundational Yoga	1	jala	Kate
10:00 - 11:15	HOT Flow Yoga	2/3	shakti	Natasja
Sunday	Class	level	studio	teacher
10:30 - 11:45	Community Yoga \$5	2	shakti	Krista
7:00 - 8:15	Community Yoga & meditation \$5	1/2	shakti	Lisa

**Kids Program starts Saturday, September 10 / 8 weeks**

**Yoga For Kids (ages 4 - 9 years)**  
**Saturday 11:30a - 12:30p**

**\$80.-**  
(incl. HST)

**Level 1** : Great for those who are new to the yoga practice,like to enjoy a gentler practice or would like to de-stress.

**Level 2** : These classes are geared to students of all levels.

**Level 3** : Classes geared to those who want to take their practice to the next level and want to explore arm balances and more advanced poses.

# CLASS DESCRIPTIONS

New students   First Visit	
First Visit	\$14
1 month	\$45
Class Cards	
Single Class	\$17
Single Class Youth (11 -16)	\$10
Single Class Child (3 - 10)	\$8
5 Class Card	\$75
10 Class Card	\$125
20 Class Card	\$226
40 Class Card	\$430
Monthly Memberships	
VIP 12 months*	\$75
6 months*	\$85
4 months*	\$90
1 month	\$95
Pilates membership	
1 month	\$65
Youth membership	
1 month 11-16yr	\$45
<p>ALL PRICES INCLUDE HST.                      * credit card or post-dated checks required on file.                      Class cards can be shared amongst immediate family members.                      10% off class cards seniors 60+ and full time students.                      NSF Fee Charge for returned checks \$20</p>	

**Barre Yoga:** A class that integrates elements of Pilates, dance, cardio & strength training. Great for toning the abs, legs, thighs and buttocks.

**Beginner Yoga :** A perfect class for those who are new to the yoga practice or for those who would like to revisit the basics.

**CoreFlow Yoga :** Sculpt, burn, breathe, heart pumping, energy seeking full body workout from your core.

**Flow Yoga :** In this class flow through a powerful sequence that will leave you feeling energized, rejuvenated and balanced from top to bottom. Flow yoga classes do not follow a set sequences of poses (asanas) each class will be unique and different. Also offered in a HOT room.

**Hatha Yoga :** A yoga class that focuses on alignment and holding poses while maintaining ease and steadiness. Includes pranayama (breathing exercises)..

**Luminous Yoga :** In this practice we will break down blockages within your energy body and enhance each chakra through chakra specific postures.

**Power Yoga :** This class is suitable for ALL LEVELS. It's a powerful blend of Vinyasa and Astanga yoga. This powerful, energetic, playful, flowing class has a strong emphasis on breath and allows beginners, intermediate and advanced students to be challenged in the same class.

**Restorative Yoga :** Warm restorative yoga focuses on relaxing the body in restful postures and help us learn to relax and rest deeply and completely.

**Slow Burn Yoga :** The deliberate and delicate process of slowing down when we might normally rush. Slowing down actually requires more work, a deeper attention to detail, and a stronger effort to maintain concentration. (currently not offered)

**Therapeutic Yoga :** Therapeutic yoga is an extremely effective practice for those recovering from, or living with, injury or illness. It blends gentle and restorative yoga breathing techniques,

**Yin(Mudra)Yoga:** Yin Mudra yoga is a practice that brings you deeper within your energetic body. You will experience Yin yoga postures and mudra hand positions to unblock the energy meridians that run throughout the body. Support your health and healing through cultivating balance and harmony through deepening your ability to recognize the messages of the body; enhancing your sensitivity to the flow of subtle energy, and releasing the limiting beliefs that nurture challenging emotions and thoughts.

**Yin/Yang Yoga:** Yin/Yang yoga classes combine a powerful vinyasa flow sequence with yin yoga. The vinyasa cultivates yang energy by focusing on developing stamina and strength, whereas the yin sequence aims to stretch the deep and dense connective tissues in the body with long and passive holds.

**YogaSculpt:** Yoga Sculpt & Stretch is a yoga class that incorporates hand held weights (1lbs, 2lbs &3lbs) and/or ankle weights. This class provides the best of both worlds; while increasing strength and muscle tone we also create more length and lean muscle mass.

**Pilates :** Pilates engages the body and the mind through a series of controlled movements that will lengthen and strengthen your muscles without adding bulk. These movements improve the mind-body connection, alignment and posture, mental alertness while helping to develop a strong core. In this class some props will be used including resistance bands, foam rollers and blocks.

**Kids Birthday Parties:** An hour yoga class followed by an hour in the party room. (yoga mats & fridge provided)

