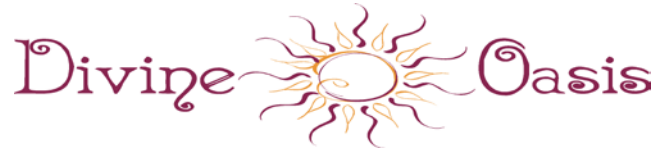


\*Drop in Fee: \$14.00  
 \*10 Punch Card \$120.00 valid for 3 months.  
 \*New Student Special: Unlimited yoga for \$20.00 for the first week you attend your first class.



Early Bird Special for All pre-registered classes: Sign up and pay before October 19<sup>th</sup> and get 10% off.


Schedule effective for November 1 – December 19<sup>th</sup>


The Yoga Studio will be closed December 20 – January 3<sup>rd</sup>, 2011


Please check the website and in the studio for updates or changes


Please note there must be at least 3 participants in the drop in classes for the class to run. If there are not enough students the class will be cancelled.


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day Classes	Day Classes	Day Classes	Day Classes	Day Classes	Day Classes	Day Classes
Rise & Shine drop in 6:00-7:00 am Melanie				Rise & Shine drop in 6:00-7:00 am Melanie		
Mixed Level Flow Pre-Registered Nov 1 – Dec 13 <sup>th</sup> \$84.00 10:00-11:15 am Larisa		Hatha Yoga Pre-Registered Nov 3 – Dec 15 <sup>th</sup> \$84.00 10:00-11:15am Melanie			Ashtanga Mixed Levels drop-in 9:30 – 11:00am Dan	Beginner Hatha Pre-Registered Nov 7 – Dec 19 <sup>th</sup> \$ 84.00 9:00-10:00 am Melanie
	Gentle Hatha Yoga Pre-registered Nov 2 – Dec 14 <sup>th</sup> \$84.00 1:00 – 2:30 pm Judy		Restorative Yoga drop – in 1:00 – 2:15 pm Melanie No Class Nov 11			
Evening Classes	Evening Classes	Evening Classes	Evening Classes	Evening Classes	Evening Classes	Evening Classes
Beginner Ashtanga drop-in 6:00 – 7:15 pm Dan	Back Care Yoga Pre-registered Nov 2 – Dec 14 <sup>th</sup> \$84.00 6:00 – 7:15 pm Nicole	Pre-Natal Yoga Pre-Registered Nov 3 – Dec 15 <sup>th</sup> \$105.00 6:00 – 7:15 pm Melanie	Akhanda/Hatha drop-in 6:00 – 7:15 pm  Angela No Class Nov 11			Prana Flow drop-in 7:00 – 8:15 pm Melanie
Bellydance Workout Pre-registered Nov 1 – Dec 13 <sup>th</sup> \$105.00 7:30 – 8:30 pm Shanta	R&B Yoga (practice yoga to upbeat tunes) drop – in 7:30 – 9:00 pm Nicole	Flow Yoga drop – in 7:30 – 9:00 pm  Larisa	Level 1-2 Ashtanga drop-in 7:30 – 9:00 pm Dan No Class Nov 11	Core/Strength Yoga drop-in 7:00 – 8:30 pm Larisa		


Classes are rated at intensity levels by this symbol 



 **Hatha (Gentle) Yoga-** Involves basic yoga poses, breathe work, and meditation. Perfect for those who are looking for a slower paced class with emphasis on gentle stretching, opening the body and relaxation.






 **Akhanda Yoga-** The intention for Akhanda Yoga is to offer holistic, yoga classes with an emphasis on the balanced sequencing of asana, pranayama, relaxation, mantra and meditation as well as discussions and readings on the yogic lifestyle and yoga philosophy. This style of yoga is great for beginners to intermediates levels. For more information go to [www.worldyogafamily.com](http://www.worldyogafamily.com)

 **Restorative Yoga –** This class consists of gentle stretches and supported resting postures to rest, restore, and renew the body. It is excellent for those looking for a very relaxing and meditative class, a great class for those in recovery or if you just need to unwind, let go and breathe.

 **Pre-Natal Yoga -** This class is for expectant mothers to help them adjust to the physical and mental demands of pregnancy, birth and motherhood. This class teaches gentle yoga poses to stretch, strengthen and relive discomfort in the body for birth and beyond.

 **Back Care Yoga-**No experience with yoga necessary. This class is a therapeutic time for students to mindfully journey through any stiffness, pain, and discomfort that accompanies them in their daily lives. Students are inspired to explore the principle that health, healing, and recovery goes beyond the physical body as they learn to listen to their inner wisdom and intelligence. Participants learn how to create space in both mind and body by observing the messages the body manifests while experiencing discomfort and how to integrate this healing into life beyond the mat.



  **Yoga Flow -** A version of Hatha yoga that is more aerobic than traditional Hatha, this class combines sun salutations with standing postures to connect breathe with movement, a great mix of stretching and strengthening.



  up to    **Ashtanga Yoga**—This form of yoga focuses on constant movement from one pose to the next in a specific order, excellent for those who want a class that works and energizes the whole body. (Suitable for all levels but not suitable for those with limited mobility)

**Beginner Ashtanga-** For first timers and beginners. The fundamentals of Ashtanga yoga will be taught in slower paced class. Sun salutations and postures are broken down with a focus on alignment & breathing. Expect to get a sweat going.

**Ashtanga Level 1-**This active class covers the basics of Ashtanga yoga. Emphasis is placed on the strengthening the physical and mental aspects of the practice with continuing emphasis on alignment and breathing. A great mind and body workout, you will sweat.

**Ashtanga Level 1-2-** Building on the level 1 this class is perfect for those who want to learn new postures. During this class we work towards adding the remaining postures of primary series. This class will challenge you to keep moving forward in your practice & will promote opening the body in new ways.

  **Power Flow Yoga-** Power flow Yoga has its roots in Ashtanga Yoga. I tends to be less structured than Ashtanga and allows the instructor t alter sequences and assign poses in response to students' needs/ Power Flow Yoga is a fast-paced class with poses that encourage alignment, flexibility, balance, strength, and cardiovascular endurance.

  **R&B Yoga-**Students link breath and movement to the beat of their favourite tunes creating an invigorating and engaging class, ebbing and flowing through a holistic practice including stretching, strengthening, balancing, pranayam, and meditation.

**Traditional Middle Eastern Dance (Belly Dancing)-** Awaken your inner goddess with belly dancing, a great way to improve posture, tone muscles, strengthen your hips, back, and core while enhancing your grace. Appropriate for all fitness levels.

