

# February 2012

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

9:30 - 10:45  
Foundations

9:30 - 11:00  
Flow

9:30 - 11:00  
Flow

9:30 - 11:00  
Traditional

9:30 - 11:00  
Foundations

9:15 - 10:30  
Foundations

9:30 - 11:10  
Traditional

11:45 - 1:00  
Yoga 4 Cancer\*

12:00 - 12:50  
Yoga 4 Backs

11:30 - 12:45  
Mom & Baby\*

12:00 - 12:50  
Yoga 4 Backs

11:45 - 1:00  
Yoga Thrive\*

11:00 - 12:30  
Flow

11:30 - 12:30  
Yoga 4 Backs

1:30 - 2:30  
Prenatal Y4B

1:30 - 2:45  
Foundations

1:15 - 2:30  
Mom & Baby\*

1:30 - 2:45  
Foundations

1:30 - 3:00  
Traditional

1:00  
Workshops\*  
see website

1:00 - 2:15  
Foundations

4:00 - 5:00  
Twins\*

4:00 - 5:00  
Kids Yoga\*

2:45 - 4:00  
Abundant Yoga

4:30 - 5:45  
Traditional

5:00 - 6:15  
Traditional

4:30 - 5:45  
Foundations

5:15 - 6:30  
Traditional

5:15 - 6:15  
Kids Yoga\*

5:00 - 6:15  
Karma Class

5:00 - 6:15  
Karma Class

6:15 - 7:30  
Flow

6:45 - 8:00  
Foundations

6:05 - 7:20  
Prenatal

6:50 - 7:50  
Yoga 4 Backs

8:00 - 9:15  
Foundations

8:30 - 9:30  
Yoga 4 Backs

7:40 - 9:10  
Traditional

8:15 - 9:30  
Foundations



[www.yogadotcalm.com](http://www.yogadotcalm.com)

Please register for all \* marked classes.

Visit our website at [www.yogadotcalm.com](http://www.yogadotcalm.com) for all up to date information.

2nd floor, 380 Canyon Meadows Dr. SE  
Calgary, AB

**Register now for our Yogi Reward Program!**

## Class Descriptions

**Ashtanga Vinyasa:**

**Foundations:** An orientation to ashtanga yoga with focus on the foundational aspects of the ashtanga practice, no previous experience is required.

**Traditional:** Practice the traditional sequence of ashtanga vinyasa yoga. This dedicated practice will help you build strength and awareness into each of the 72 Primary Series asanas. Attendance of at least two Foundations classes is suggested prior to attending.

**Flow:** Find the flow of your breath, this class will link all that you learned in Foundations into a more fluid dynamic practice. Attendance of at least two Foundations classes is suggested prior to attending.

**Karma:** This is our community class, there is no fee for attending this multi level class. Any donations (suggested donation \$5-\$10) will be donated to the karma fund charity of that month.

**Yoga Therapy Classes:**

**Yoga 4 Backs:** Based on the theory of Critical Alignment Therapy. Ideal for beginners and anyone who ever slouches.

## Prices

Intro unlimited week \$25

Drop in \$17

5 pass \$75

10 pass \$135

20 pass \$240

One month unlimited \$125

3 month unlimited \$275

6 month unlimited \$485

One year unlimited \$875

Student 3 month \$199

Student One year \$650

15% off all passes and unlimited memberships for 60+ years young.

\*Prices do not include GST

\*Memberships and pass cards are non-refundable.

## Guidelines

-Be on time for class, door is locked once class begins.

-Please inform the teacher of any health concerns BEFORE the class begins.

-Cell phones are NOT permitted.

-Avoid perfumes & strong scents please.

-Check your competitive side at the door—there is nothing to 'get' here.

-Children 11+ years are welcome to attend our level 1 classes when with a parent.

**New To Yogadotcalm?**

**3 months for \$175**

