

Fall 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>6:00 - 8:30</u> Mysore	<u>6:00 - 7:40</u> Led Primary	<u>6:00 - 8:30</u> Mysore	<u>6:00 - 8:30</u> Mysore			
<u>9:30 - 10:45</u> Level 1	<u>9:15 - 11:00</u> Level 2	<u>9:30 - 11:00</u> Multi	<u>9:30 - 11:00</u> Level 2	<u>9:30 - 11:00</u> Level 1	<u>9:15 - 10:30</u> Level 1	<u>9:30 - 11:10</u> Led Primary
<u>11:15 - 12:30</u> Prenatal			<u>12:00 - 1:00</u> Structural		<u>11:00 - 12:30</u> Multi	<u>11:30 - 12:30</u> Structural
<u>1:30 - 2:45</u> C.A.T.*	<u>1:30 - 2:45</u> Multi	<u>1:15 - 2:30</u> Mom & Baby*	<u>4:00 - 5:00</u> Yoga 4 Tweens*	<u>2:00 - 3:40</u> Led Primary	<u>1:00 - 2:15</u> C.A.T.*	<u>1:00 - 2:30</u> Level 1
<u>4:30 - 5:45</u> Multi	<u>5:00 - 6:15</u> C.A.T.*	<u>4:30 - 5:45</u> Level 1	<u>5:15 - 6:30</u> Multi	<u>4:00 - 5:00</u> Kids Yoga*	<u>5:00 - 6:15</u> Karma Class	<u>4:30 - 5:45</u> Karma Class
<u>6:15 - 7:30</u> Level 2	<u>6:45 - 8:00</u> Level 1	<u>6:05 - 7:20</u> Prenatal	<u>6:50 - 7:50</u> Hatha	<u>5:15 - 6:15</u> Kids yoga*		
<u>8:00 - 9:15</u> Level 1	<u>8:30 - 9:30</u> Structural	<u>7:40 - 9:10</u> Level 2	<u>8:15 - 9:30</u> Level 1			



Please register for all * marked classes.

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

Visit our website at www.yogadotcalm.com for all up to date information.



Class Descriptions

Traditional Ashtanga:

Mysore: This class is the traditional way of learning ashtanga yoga. There is more one on one instruction and all levels are welcome to attend.

Led Primary: This is a traditional led ashtanga practice following the Primary series sequence. Mysore level experience or level 2 experience is required.

Ashtanga Vinyasa:

Level 1: An orientation to ashtanga yoga, no previous experience is required.

Multi Level: Attendance of at least one level 1 class is suggested prior to attending.

Level 2: Find your flow in this class where students are comfortable with the foundations of the practice and looking for some heat and movement.

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:

Structural: Based on the theory of Critical Alignment Therapy. Ideal for beginners and anyone who ever slouches.

Hatha: Balance your mind and body with yoga postures and black strap work. Excellent for beginners.

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.