

July/August 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>9:30</u> Level 1 75 min	<u>9:15</u> Level 2 105 min	<u>9:30</u> Multi 90 min	<u>9:30</u> Level 2 90 min	<u>9:30</u> Level 1 90 min	<u>9:15</u> Level 1 75 min	<u>9:00</u> Primary Series 105 min
	<u>1:30</u> Multi 75 min		<u>12:00</u> Structural 60 min	<u>2:00</u> Primary Series 90 min	<u>11:00</u> Multi 90 min	<u>11:00</u> Structural 60 min
<u>4:30</u> Multi 75 min		<u>4:30</u> Level 1 75 min	<u>5:15</u> Multi 75 min		<u>5:00</u> Karma Class 75 min	<u>4:30</u> Karma Class 75 min
<u>6:15</u> Level 2 75 min	<u>6:50</u> Level 1 75 min	<u>6:05</u> Prenatal 75 min	<u>6:50</u> Hatha 75 min	Class cancellations in July/Aug: Thursday July 1: Multi @ 5:15, Hatha @ 6:50 & Level 1 @ 8:30 Sunday July 4th: Primary Series @ 9am		
<u>8:00</u> Level 1 75 min	<u>8:30</u> Structural 60 min	<u>7:40</u> Level 2 90 min	<u>8:30</u> Level 1 75 min			

Introduction to Yoga for Tweens (10-14 years old): July 10, 1-3pm. \$25
 Introduction to Critical Alignment Therapy workshop, July 17, 1-3:30pm. \$60.
 Critical Alignment Therapy, July 13 to Aug. 24. Tuesdays at 5:15pm. \$135
 Karma class donations in July & August will be going to The Road Foundation; theroadfoundation.org
 Watch for our new September schedule due out late August!

July/Aug '10

Class Descriptions Prices*

Level 1:
Beginner level class.
An orientation to Ashtanga yoga, no previous yoga experience required. Learn ujjayi breath, bandhas (core), sun salutations and more.

Multi Level:
This class is taught at the level of the newest student. It is recommended to attend a minimum of one Level 1 class first.

Level 2:
Find your flow
Recommended for students who have learned ujjayi breath, are familiar with bandhas, and are comfortable with sun salutations.

Primary Series:
Traditional practice
The primary series of Ashtanga is yoga chikitsa or 'yoga therapy'. A traditional sequence of 72 postures that focuses on forward bends and detoxifying the body.

Structural:
The Black Strap
Based on the theory of Critical Alignment® therapy black strap work, working into the spine to relax tight, strained muscles to create relaxation then work toward movement. Ideal for beginners.

Hatha yoga:
Slow down your practice
Balance your mind and body through postures, controlled breathing, and meditation. Excellent for beginners.

Karma Class:
Helping the community
This class is by donation, suggested donation \$5. All donations in July & August will go to The Road Foundation

Summer of Yoga Pass
Unlimited Classes until Sept. 6th!
Available June 25 to July 4th
Only \$150

- drop-in \$17
- 5 pass \$70 (one year expiry)
- 10 pass \$135 (one year expiry)
- 20 pass \$225 (6 month expiry)
- 3 months unlimited \$240
- 6 months unlimited \$425
- one year unlimited \$775
- student 3 month \$175 (with valid id)
- students 1 year \$580 (with valid id)
- mat rental \$1

*Prices do not include GST
 Memberships are non-refundable.
 Prices subject to change.

Guidelines

- Be on time for class. Door is locked once class starts.
- If you are pregnant or have serious health concerns (such as high blood pressure, recent surgery, or joint injury) be sure to inform the teacher BEFORE class.
- Cell phones are NOT allowed in the studio space, please leave them in your car or in the change room.
- Avoid perfumes and colognes
- Don't overdress, a t-shirt and shorts are recommended
- Check your competitive side at the door - there is nothing to "get" here.
- Children 11+ years are welcome to attend our Level I classes when with a parent.

Prenatal

Wednesdays @ 6:05pm.
 Ideal for any stage of pregnancy. This is a drop in class, no need to pre-register.