



THE STUDIO WILL BE OPEN ON LABOUR DAY, MONDAY, SEPTEMBER 6  
(NAMES IN BRACKETS INDICATE A MONTH-LONG SUBSTITUTION)

# SEPTEMBER 2010 WEEKLY CLASS SCHEDULE

ALL CLASSES OFFERED AS DROP-IN. CLASSES MARKED WITH **B** ARE SUITABLE FOR BEGINNERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 - 8:30 am Flow 1 <b>B</b> Laura		7:30 - 8:30 am Flow 1 <b>B</b> Melissa	8:00 - 9:20 am Hatha 2 Ida	7:30 - 8:30 am Flow 1 <b>B</b> Winona		
9:30 - 11:00 am Yoga & Meditation <b>B</b> Ocean	9:30 - 11:00 am Flow 1-2 Ida	9:30 - 11:00 am S.A.Y. Hatha <b>B</b> Whit	9:30 - 11:00 am Flow 1 <b>B</b> Jenn	9:30 - 11:00 am Yoga & Meditation <b>B</b> Jules	9:30 - 11:00 am Hatha 1-2 Giancarlo	9:30 - 11:00 am Flow 2 Laura
12:00 - 1:00 pm Flow 1 <b>B</b> Pam	12:00 - 1:30 pm Restorative with iRest <b>B</b> Misha	12:00 - 1:00 pm Hatha/Flow 1 <b>B</b> Community Class Various	12:00 - 1:30 pm Restorative <b>B</b> Mary-Jane	12:00 - 1:00 pm Hatha 1 <b>B</b> Ida	11:30 - 1:00 pm Flow 1 <b>B</b> Leilani	11:30 - 1:00 pm Hatha 1-2 Megan T.
		4:00 - 4:25 pm Yoga Nidra <b>B</b> Jenn	3:00 - 4:15 pm Hatha/Flow 1 <b>B</b> Community Class Various			
4:30 - 5:50 pm Ashtanga Primary Level 2-3 Jenny Shaw	4:30 - 5:50 pm Kundalini Flow <b>B</b> Crystal	4:30 - 5:50 pm Flow 1 <b>B</b> Jules	4:30 - 5:50 pm Yoga & Meditation <b>B</b> Jenn	4:00 - 5:20 pm Ashtanga Primary Level 2-3 Sanjay	4:30 - 5:55 pm Ashtanga Prep Clare	4:30 - 5:45 pm Hatha/Flow 1 <b>B</b> Community Class
5:30 - 6:30 pm Flow 1 <b>B</b> (studioB) Giancarlo	5:30 - 6:30 pm Hatha 1 <b>B</b> (studioB) Megan N	5:30 - 6:45 pm Pre-natal(studioB) Crystal	5:30 - 6:30 pm Hatha 1 <b>B</b> (studioB) Adele	5:30 - 7:00 pm Restorative <b>B</b> Whit		
6:00 - 7:20 pm Flow 2-3 Ann-Kathrin	6:00 - 7:20 pm Pilates/Yoga Fusion Laura	6:00 - 7:20 pm Hatha 1 <b>B</b> Misha	6:00 - 7:20 pm Flow 2 Norman	7:15 - 8:30 pm Flow 2-3 with Live Drumming Ann-Kathrin		
6:45 - 7:45 pm Meditation (studioB) Grayson	6:45 - 8:00 pm Yin <b>B</b> (studioB) Mary-Jane	7:00 - 8:30 pm Ashtanga Primary Level 2-3(studioB) Sanjay	6:45 - 8:00 pm Yoga & Mantra (studio B) Beth		<b>YogaThrive 9:45-11:00am</b> Pre-registered class (7 weeks) <b>Wednesdays</b> with Giancarlo	
7:30 - 9:00 pm Hatha 1 <b>B</b> Norman	7:30 - 9:00 pm Flow 1-2 Norman	7:30 - 9:00 pm Ashtanga Prep Clare	7:30 - 9:00 pm Partner Yoga Ida			

## CLASS DESCRIPTIONS

**Hatha 1** - learn the foundations of asana practice by developing breath & body awareness.

**Hatha 2** - expand on knowledge of postures and other yogic practices.

**Flow yoga (Vinyasa)** - hatha postures are sequenced to allow fluid movement from one asana to the next. Flow 2 is faster paced, includes balances and offers opportunity for self-directed practise. For experienced beginners and intermediate students.

**Kundalini Flow** - brings together energizing movements with grace and stabilization to create a rejuvenating, meditative experience. All levels.

**Ashtanga Prep** - introduction to Ashtanga sequences, bandhas and ujjayi breathing. Please attend at least 3 prep classes before moving to the next level. Recommended for experienced beginners.

**Ashtanga Primary**- use breath and bandhas to explore the full flow of the Primary Series. Intermediate.

**Partner Yoga** - with the support of a partner, this playful class explores asanas and relaxation techniques. Suitable for all levels. No partner required.

**Pilates/Yoga Fusion**- a challenging class that combines mat pilates and yoga to build core strength and develop strong, flexible muscles. Focuses on breath awareness and body alignment.

**Prenatal** - helps mothers-to-be connect with body and baby, to prepare for birth. Learn safe stretches and breathing techniques to help support pregnancy and labour.

**Restorative** - take time to settle into poses and feel your way through the body. Suitable for people with injuries and those recovering from illness.

**iRest** - a modern adaptation of yoga nidra and other ancient teachings. Activates our natural healing responses and connects us with a sense of peace.

**S.A.Y.** - Self Awakening Yoga - invites you to witness the actual experiences that arise through gentle yet penetrating movements. This practice of opening then attuning to sensation teaches us how creative energy moves through the body.

**Yin** - long holds to facilitate deep, slow release of deeper tissue.

**Yoga Nidra** - find the suspended state between sleep and wakefulness. Deep relaxation with a guided meditation/visualization to encourage connection with Self.

**Yoga & Meditation** - Short periods of sitting meditation will be combined with Asana practice to promote more ease in the body and a deeper connection to one's inherent wisdom.

**Yoga & Mantra** - Hatha yoga with flowing sequences that also incorporates sound and movement work.

**Mindfulness Meditation** - Guidance through a variety of Buddhist techniques to cultivate mindfulness and the joy it brings. For beginners and advanced students.

**Community Class** - taught by Graduates of our teacher training program.

