



(A NAME IN BRACKETS INDICATES A MONTH-LONG GUEST TEACHER)

JANUARY 2012 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 Laura		7:30 - 8:30 am Flow 1 B Ida	8:00 - 9:20 am Hatha 2 Ida	7:30 - 8:30 am Flow 1 B Laura		
9:30 - 11:00 am Yoga & Meditation B Ocean	9:30 - 11:00 am Flow 1-2 Pam	9:30 - 11:00 am Hatha 1 (S.A.Y.) B Whit	9:30 - 11:00 am Flow 1 B Melissa	9:30 - 11:00 am Yoga & Meditation B Beth	9:30 - 11:00 am Hatha 1-2 Giancarlo	9:30 - 11:00 am Flow 2 Katerina
12:00 - 1:00 pm Flow 1 B Pam	12:00 - 1:30 pm Restorative B Misha	12:00 - 1:00 pm Hatha 1 B Ida	12:00 - 1:30 pm Restorative B Mary-Jane	12:00 - 1:00 pm Hatha 1 B Ida	11:30 - 1:00 pm Flow 1 B Whit	11:30 - 1:00 pm Hatha 1-2 Ocean
	3:00 - 4:15 pm Hatha/Flow 1 B Community Class Various	4:00 - 4:25 pm Yoga Nidra B Jenn				
4:30 - 5:50 pm Flow 2 Jenny Shaw	4:30 - 5:50 pm Kundalini Flow B Crystal	4:30 - 5:50 pm Flow 1 B Jenn	4:30 - 5:50 pm Yoga & Meditation B Jenn	4:00 - 5:20 pm Anusara-Inspired™ Level 2 Michelle	4:30 - 5:55 pm Ashtanga Prep Clare	4:30 - 5:45 pm Hatha/Flow 1 B Community Class Various
5:30 - 6:30 pm Flow 1 B (studioB) Giancarlo	5:30 - 6:30 pm Hatha 1 B (studioB) Robin	5:30 - 6:45 pm Pre-natal(studioB) Crystal	5:30 - 6:30 pm Hatha 1 B (studioB) Robin	5:30 - 7:00 pm Restorative B Whit		
6:00 - 7:20 pm Hatha 1 B Norman	6:00 - 7:20 pm Yin B Whit	6:00 - 7:20 pm Hatha 1 B Misha	6:00 - 7:20 pm Flow 2 Norman	7:15 - 8:30 pm Flow 2-3 with Live Drumming Ann-Kathrin (Katie)		7:00 - 8:30 pm Chanting Beth Jan. 29 only
	6:45 - 8:00 pm Anusara-Inspired™ The Basics B Michelle (studioB)		6:45 - 8:00 pm Restorative B Adele (studioB)			
7:30 - 9:00 pm Hatha 2-3 Ann-Kathrin (Katie)	7:30 - 9:00 pm Flow 1-2 Norman	7:30 - 9:00 pm Ashtanga Prep Clare	7:30 - 8:45 pm Hatha/Flow 1 B Community Class Various			

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.

Anusara-Inspired™ - dynamic life-affirming class utilizing concise alignment instruction around a heart-centered theme to help build strength, increase flexibility, and refine on a deep level while awakening into your full potential.

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

Ashtanga Prep - introduction to Ashtanga flow (vinyasa) sequences of postures, bandhas and ujjayi breathing. Recommended for experienced beginners.

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.

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 - Lie down with blankets, bolsters, eye pillows, and learn how to cultivate a state of consciousness both deeply relaxed and highly attuned and alert - without having to move a muscle!

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.

Community Class - taught by graduates of our yoga teacher training program.

