



REGISTER NOW

{WINTER 2012} JANUARY 9 to MARCH 4

*No classes on February 20

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Day Classes {Updated 02/01/12} See bottom for prices & more information

Hatha Yoga 9:00 - 10:30 Tina	Hatha Yoga 9:00 - 10:30 Gerda	Hatha Yoga 9:00 - 10:30 Joan	Re-Alignment Yoga (Egoscue) 6:30 - 8:00 Joan	Re-Alignment Yoga (Egoscue) 9:00 - 10:30 Joan	Hatha Yoga 8:30 - 10:00 Keltie	Hatha Intermediate 9:00 - 10:30 Tara
Sivananda Yoga 9:15 - 10:45 ❖ Pat	Realignment Yoga (Egoscue) 9:15 - 10:30 Joan	Restorative/Gentle Yoga 9:15 - 10:30 Glenda	Hatha Yoga 9:00 - 10:30 Gerda	Yin Yoga ®© 9:15 - 10:15 Angie	Yin/Yang Yoga 8:45 - 10:15 Chris B-H	Breath Awareness & Asana 9:30 - 11:00 Julie no class Feb.19
Beginner Yoga 10:45 - 12:00 Lynn	Beginner Yoga 10:45 - 12:00 Abby	Re-Alignment Yoga (Egoscue) 10:45 - 12:15 Joan	Gentle Yoga/Yoga Nidra 9:15 - 10:45 Glenda	Ashtanga Beginners 10:45 - 12:00 ❖ Gillian	*Tibetan Heart Yoga Series® 9:00 - 10:30 ❖ Tara begins Jan 21st	
	*Meditation & Yoga Philosophy Level I® 10:45 - 12:15 ❖ Tara			Beginner Yoga 10:45 - 12:00 Lynn	Beginner Yoga ®© 10:15 - 11:30 Angie	
	*Yoga & MS®© <i>See bottom for info</i> 11:00 - 12:15 Glenda		Mom+Baby Yoga ®© 11:00 - 12:15 Tina		Hatha Yoga 10:30 - 12:00 Janet	
	Zumba® 12:15 - 1:00 Marguerite ❖				Family Yoga 11:00 - 12:00 Chris B-H begins Jan 21st	
Hatha Yoga 1:00 - 2:30 Tina	Hatha Yoga Yoga Nidra 1:00 - 2:30 ❖ Chris E-B	Restorative/Gentle Yoga 1:00 - 2:30 Glenda	Chair Yoga 1:00 - 2:15 Carol			

® - Registered class (no drop-ins)

© - Class free for members

❖ **New Class!**

8 Week Session \$104

10 & 30 class passes
1, 3 & 6 Month Unlimited Yoga Passes
Yoga memberships

Seniors (60 years +) and students with ID receive a 10% discount

* Yoga & MS 8 week session \$64

A class for people with MS. Sponsored by the MS Society of Canada.

* Tibetan Heart Yoga Series (7 Week)

\$91 for 7 week session (\$45 for members)

* Family Yoga \$91/session (\$16 Drop-in)

Yoga for Today

#206 2016 Sherwood Dr.

780.416.4211

www.YogaForToday.ca



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{WINTER 2012} JANUARY 9 to MARCH 4

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Monday	Tuesday	Wednesday	Thursday	Friday	Workshops 2012
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Evening Classes {Updated 02/01/12}

Ashtanga Yoga some exper. required 5:30 - 7:00 Chris B-H	Re-Alignment Yoga (Egoscue) 5:00 - 6:15 Joan	HEATED Hatha Yoga 5:30 - 6:45 Neve	Yoga for Kids Age 7-12 4:30 - 5:30 Rita	Hatha Yoga 5:30 - 6:45 Tina
Beginner Yoga 5:30 - 6:45 Tina	Yin Yoga 5:30 - 6:45 Gillian	Hatha Yoga 5:30 - 6:45 Amie	Ashtanga Yoga (All Levels) 5:30 - 7:00 Gillian	Bollywood Dance ® (begins Jan 20th) 5:30 - 6:30 ❖ Milki
Hatha Yoga 5:45 - 7:00 Lori	Ashtanga Yoga 5:30 - 7:00 Jill	Kundalini Yoga 5:30 - 6:45 ❖ Laara	Hatha Yoga Intermediate 5:30 - 6:45 Gerda	
Beginner Yoga 7:00 - 8:15 Tina	Prenatal Yoga ®© 7:00 - 8:00 Abby	Beginner Yoga 7:00 - 8:15 Amie	Re-Alignment Yoga 5:45 - 7:00 ❖ Reg	
Hatha Yoga 7:15 - 8:30 Chris B-H	Gentle Yoga/ Yoga Nidra 7:15 - 8:30 Glenda	HEATED Hatha Yoga 7:00 - 8:15 Neve	Hatha Yoga 7:00 - 8:15 Tina	
Kundalini Yoga 7:15 - 8:45 Satwinder	Hatha Yoga 7:15 - 8:30 Jill	*Meditation & Yoga Philosophy Level II ® 7:00 - 8:30 ❖ Tara	Vinyasa Flow Yoga 7:15 - 8:30 Neve	
Women's Belly Dance Begin. ® 8:20 - 9:20 Farahnaz			Gentle Prenatal Yoga 7:30 - 8:30 Pam	

February Workshops

February 10
Valentine's Day Partner Yoga
David Wilson

February 24 - 26
Anusara Yoga: Embodied Bliss
Robin Golt

March Workshops

March 2 - 4
Coming to Your Senses with
Yoga Nidra- Anne Douglas

March 10 - 25
Yoga in India Vacation
Neve Deol

March 10 - April 28
(weekly class)
Mindfulness Meditation Training
Tibetan Buddhist Monk, Kushok

March 17
Kundalini Yoga- 10 Bodies Workshop
Laara Delain

March 23 - 25
Therapeutic Breathing & Mudras
Friedel Khattab

April Workshops

April 13 - 15
Continuing Education
Certification for Yoga Teachers

April 21
Spring Cleanse Workshop
Laara Delain

April 22
Yogic Cooking Class/Workshop
Laara Delain

April 28
Bollywood Dance Workshop
Neve Deol

April 30 - May 4
Yoga for Your Doshas
Neve Deol

May Workshops

May 4 - 6
Yoga in Lake Louise
Weekend Retreat- Neve Deol
**See yogafortoday.ca
for more workshops**

* Meditation & Yoga Philosophy I & II
\$104 for 8 week session (\$50 for members)

Bollywood Dance (7 week)
\$91 for 7 week session

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❖ - **New Class!**