



# REGISTER NOW

{Summer 2013} JULY 8 to SEPTEMBER 1

{Updated 07/19/13} See bottom for prices & more information

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday                                  | Sunday   |
|--|--|---|--|--|---|--|
| Hatha Yoga<br>9:00 - 10:30<br>Tina                     | Hatha Yoga<br>9:00 - 10:30<br>Gerda  | Hatha Yoga<br>9:00 - 10:30<br>Joan                      | Egoscue®<br>Postural Therapy<br>6:30 - 8:00<br>Joan    | Beginner<br>Hatha Yoga<br>9:00 - 10:15<br>Keltie | Hatha Yoga<br>8:30 - 10:00<br>Jill        | Hatha Yoga<br>Intermediate<br>9:00 - 10:30<br>Tara |
| Beginner<br>Hatha Yoga<br>10:45 - 12:00<br>Keltie      | Egoscue®<br>Postural Therapy<br>11:00 - 12:15<br>Joan                                      | Restorative/<br>Gentle Yoga<br>9:15 - 10:30<br>Michelle | Hatha Yoga<br>9:00 - 10:30<br>Gerda                    | Yin Yoga<br>9:15 - 10:30<br>Janet                | Yin/Yang Yoga<br>8:45 - 10:15<br>Chris H. | Tai Chi®<br>11:15 - 12:45 ♣<br>Julie               |
| Hatha Yoga<br>1:00 - 2:30<br>Tina                      | *Yoga & MS ®©<br><i>See bottom for info</i><br>11:00 - 12:15<br>Michelle<br>Begins July 30 | Egoscue®<br>Postural Therapy<br>11:00 - 12:15<br>Joan   | Egoscue®<br>Postural Therapy<br>11:00 - 12:15<br>Joan  | Yoga Fusion<br>10:45 - 12:00<br>Sara             | Hatha Yoga<br>10:30 - 12:00<br>Janet      |  |
| Yin/Yang Yoga<br>5:30 - 7:00<br>Janet                  | Egoscue®<br>Postural Therapy<br>5:00 - 6:15<br>Joan  | Restorative/<br>Gentle Yoga<br>1:00 - 2:30<br>Michelle  | Restorative/<br>Gentle Yoga<br>1:00 - 2:30<br>Michelle |  |   |  |
| Hatha Yoga<br>5:45 - 7:00<br>Lori                      | Hatha Yoga<br>5:30 - 6:45<br>Karen   | Hatha Yoga<br>5:30 - 6:45<br>Amie                       | Hatha Yoga<br>Intermediate<br>5:30 - 6:45<br>Gerda     |  |   |  |
| Beginner<br>Hatha Yoga<br>7:15 - 8:30<br>Tina          | Ashtanga Yoga<br>5:30 - 7:00<br>Jill   | Yin Yoga<br>5:30 - 6:45<br>Chris H.                     | Ashtanga Yoga<br>5:30 - 7:00<br>Ryan                   |  |   |  |
| Hatha Yoga<br>7:15 - 8:45<br>Chris H.                  | Restorative/<br>Gentle Yoga<br>7:00 - 8:15<br>Michelle                                     | Yoga Fusion<br>7:00 - 8:15<br>Sara                      | Hatha Yoga<br>7:00 - 8:15<br>Tina                      |  |   |  |
| <b>Kundalini<br/>Yoga</b><br>7:15 - 8:45 ♣<br>Amandeep | Hatha Yoga<br>7:15 - 8:30<br>Jill  | Beginner<br>Hatha Yoga<br>7:15 - 8:30<br>Amie           | Prenatal Yoga<br>®©<br>7:15 - 8:15<br>Pam              |  |   |  |

## July Workshops

### July 27

Meditation for Stress Relief Workshop  
with Kushok

## August Workshops

### August 11

Hatha Yoga & Kirtan Fundraiser  
with Tara Woltjen

### August 12 - 14

Teaching Yoga to Children (Teacher Training)  
with Rita Maltais

### August 19 - 23

Gentle & Restorative Yoga Clinic  
with Glenda Sartore

### August 19 - 23

Gentle & Restorative Yoga Teacher Training  
with Glenda Sartore

®© -Registered class, free for members  
(in addition to all classes without symbols)

® -Registered class

## 8 Week Session \$112

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

## \* Yoga & MS

5 week session \$45. Drop-in \$9

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