



REGISTER NOW

{Fall 2016} SEPTEMBER 12 to NOVEMBER 6

*No classes on October 10 (Thanksgiving Day)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Day Classes {Updated 07/03/16} 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	Realignment Yoga 6:30 - 8:00 Joan	Hatha Yoga 9:00 - 10:30 Jill	Yin/Yang Yoga 8:45 - 10:15 Chris H.	Hatha Yoga Intermediate 9:00 - 10:30 Janet
Beginner Hatha Yoga 10:45 - 12:00 Keltie	Realignment Yoga 9:15 - 10:30 Joan	Ashtanga Yoga 9:15 - 10:45 Frank	Hatha Yoga 9:00 - 10:30 Gerda	Yin Yoga 9:15 - 10:30 Janet	Hatha Yoga 9:00 - 10:15 Karen	
Realignment Yoga 11:00 - 12:15 Eva	Gentle & Somatic Yoga 11:00 - 12:15 Jean	Realignment Yoga 11:00 - 12:15 Joan	Gentle/Restorative Yoga 9:15 - 10:45 Karen	Beginner Hatha Yoga 10:45 - 12:00 Keltie	Realignment Yoga 10:30 - 11:45 Reg	
Chair Yoga 1:00 - 2:15 Carol	Hatha Yoga 11:00 - 12:15 Anita	Fitmama® (6wks - 18m) Register thru Strathcona County 9:30 - 10:30 Sara	Beginner Yoga (begins Oct. 6) 11:00 - 12:15 Chris E-B	Realignment Yoga 11:00 - 12:15 Jill	Hatha Yoga 10:30 - 12:00 Janet	

Sacred Sundays
11-1:30

with
Glenda Sartore

Sept. 11
Oct. 23
Nov. 13
Dec. 18

Registered Program



Yoga For Kids (3 - 6yrs)®

1:30 - 2:30
Sara

Gentle Yoga & Aromatherapy

1:00 - 2:30
Connie



Realignment Yoga

12:30 - 1:45
Jill



8 Week Session: \$120.00
Student/Senior: \$108.00
(student ID required/Senior 60+)
\$25 Intro (new students)
10 & 30 class passes
1 Month Unlimited Yoga
Monthly Membership

® -Registered class (no drop-ins)
®© -Registered class, included for members
✚ **New Class**



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Monday	Tuesday	Wednesday	Thursday	Friday	Workshops 2016
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Evening Classes {Updated 07/03/15}

Yin/Yang Yoga 5:30 - 7:00 Janet	Hatha Yoga & Aromatherapy 5:30 - 6:45 Karen	Tween Yoga ® (9-12 yrs) Registration Thru Strathcona County 4:15 - 5:15 Donalee	Karma Yoga \$10 Drop-in 5:30 - 6:45 TTP Graduates	Hatha Yoga 5:30 - 6:45 Tina
Yoga Sculpt 5:45 - 7:00 Lori	Ashtanga Yoga 5:30 - 7:00 Ryan	Kids Yoga ® (6-9 yrs) Registration Thru Strathcona County 4:15 - 5:15 Rita	Hatha Yoga Intermediate 5:30 - 6:45 Gerda	Meditation & Mindfulness (starts oct. 7) ® 6:00 - 7:00 Kushok
Yoga /iRest Yoga Nidra ☒ (begins Oct. 3) 7:15 - 8:30 Chris E-B	Realignment Yoga 5:30 - 6:45 Jill	Yang/Yin Yoga 5:30 - 6:45 Amie	Hatha Yoga 7:00 - 8:15 Tina	
Beginner Hatha Yoga 7:15 - 8:30 Tina	Hatha Yoga 7:00 - 8:15 Jill	Realignment Yoga 5:45 - 7:00 Reg	Prenatal Yoga Low Intensity ®© 7:15 - 8:15 Pam	
Hatha Flow 7:15 - 8:30 Chris H.	Yoga for Anxiety ®© 7:00 - 8:15 Gillian K.	Yoga for Stiff Men 7:15 - 8:30 Reg	Crossing the Menopausal Bridge ® (starts Set 22) ☒ 7:00 - 8:15 Rita	
	Prenatal Yoga Fitmama ®© 7:15 - 8:15 Sara	Beginner Hatha Yoga 7:15 - 8:30 Amie		

September Workshops

September 6 - 10

Weight Regulating Clinic
Gerda Krebs

September 10

YFT's 15th B-Day & Open House

September 11

Serenity Sundays begin
Glenda Sartore

September 17

Crossing the Menopausal Bridge
Rita Maltais

September 23 - 25

Yoga & the Creative life
Kate Potter

September 30

Hatha Yoga 200 Hr TTP begins

October Workshops

October 1

Movie Night: Truth about Cancer

October 2

Yoga Fits in: 30 Hr Training begins
Gerda Krebs

October 7-9

Sustainable Home Practice
Sharon McGettigan

October 14

Prenatal Partner Yoga
Sara Hastings

October 15

Rolling into Fall
Reg Nugent

October 19 - 23

Whole body Alignment
Jill Gaumont

November Workshops

November 5

Pelvic Floor workshop
Jill Gaumont

November 12

Meditation Workshop
Kushok



Yoga for Today
#206 2016 Sherwood Dr.
780.416.4211
www.YogaForToday.ca

***See yogafortoday.ca
for more workshops

® -Registered class (no drop-ins)
®© -Registered Class, included for members
☒ -New Class!