



# WINTER 2017 SCHEDULE

Registration now open!

January 9 to March 5  
\*No classes on February 20 (Family Day)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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## Day Classes {Updated 02/13/2017}

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	Yoga of the Old Masters 9:15 - 10:30 Chris E-B	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	Fitmama® (6wks - 18m) Register thru the county 9:30 - 10:30 Sara	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	Realignment Yoga 11:00 - 12:15 Joan	Beginner Hatha Yoga 11:00 - 12:15 Chris E-B	Realignment Yoga 11:00 - 12:15 Jill	Hatha Yoga 10:30 - 12:00 Janet	
		Gentle Restorative Yoga 1:00 - 2:30 Krysta		Realignment Yoga 12:30 - 1:45 Jill		



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

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

8-week session: \$120.00  
Student/Senior: \$108.00  
(student ID required/Senior 60+)

Also available:  
- \$25 Intro (new students)  
- 10 & 30 class passes  
- One-month unlimited yoga  
- Monthly membership



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## Evening Classes {Updated 02/13/2017}

Yin/Yang Yoga	Hatha Yoga & Aromatherapy	Yoga for Kids® (6 - 12 yrs) (Register thru the County)	Gentle Somatic (6-wk session begins Jan. 26)	Hatha Yoga
5:30 - 7:00	5:30 - 6:45	4:15 - 5:15	5:30 - 6:45	5:30 - 6:45
Janet	Karen	Donalee	Eva	Tina
Yoga Sculpt	Ashtanga Yoga	Realignment Yoga	Hatha Yoga Intermediate	Chakra® Meditation Course
5:45 - 7:00	5:30 - 7:00	5:30 - 6:45	5:30 - 6:45	7:00 - 8:30
Lori	Ryan	Reg	Gerda	Leslie
Beginner Hatha Yoga	Realignment Yoga	Yin Yoga	Hatha Yoga	Partner Yoga® (Jan 27 & Feb 17)
7:15 - 8:30	5:30 - 6:45	5:30 - 6:45	7:00 - 8:15	6:30 - 8:00
Tina	Jill	Amie	Tina	Reg & Amie
iRest Yoga Nidra	Hatha Yoga	Yoga for Stiff Men	Prenatal Yoga Low Intensity	
7:15 - 8:30	7:00 - 8:15	7:00 - 8:15	7:00 - 8:15	
Chris E-B/Kajal	Jill	Reg	Pam	
Hatha Flow	Yoga for Anxiety © ®	Beginner Hatha Yoga	Ashtanga Yoga	
7:15 - 8:30	7:00 - 8:15	7:15 - 8:30	7:00 - 8:30	
Chris H	Rita	Amie	Frank	

Prenatal Yoga Fitmama

7:15 -- 8:15  
Sara

### January Workshops

- \$99 New Year Kick Off
- Infrared Sauna Promotion January 2-6
- Weight Regulating Clinic w/Gerda Krebs January 2-6
- Moving into Stillness with Yoga Nidra w/Chris Erdmann-Boyko January 7
- Chakra Meditation Workshop w/Leslie McKenzie January 15
- Yoga Fits In 30-hr Training (5 of 10) w/Gerda Krebs January 17
- 101 Uses for Lemon, Peppermint and Lavender w/Connie Kitz January 28
- Addressing Knee Issues with Yoga w/Reg Nugent January 28
- Dragon Dance Workshop w/Janet Lockau

### February Workshops

- February 2
- Book Club: Yoga and the Quest for the True Self w/Martha Affleck
- February 2-5
- 30-Hr Yin Certification w/Marla Ericksen
- February 5-11
- Maui Yoga Vacation (FULL) w/Brea Johnson
- February 8
- Essential Oils Workshop w/Connie Kitz
- February 12
- Yoga Fits In 30-Hr Training (6 of 10) w/Gerda Krebs
- February 13-25
- Nepal Yoga & Culture Tour (FULL) w/Neil Haggard
- February 18-19
- Yoga for Energy, Power, Joy & Ease

**Please Remember**  
To take a class in lieu of Family Day.

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