



FALL SCHEDULE

September 11 - October 29

*No classes on October 9

Registration now open!

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|----------|--------|----------|--------|
|--------|---------|-----------|----------|--------|----------|--------|

Day Classes (Updated 06/30/2017)

| | | | | | | |
|----------------------------------------------------------|------------------------------------------------------|-------------------------------------------------------------------------------------------------|-----------------------------------------------------------|-------------------------------------------------|------------------------------------------------|-----------------------------------------------------|
| Hatha Yoga 9 - 10:30 am Tina | Satsanga (By Donation)✚ 6:30 - 8 am Kathryn | Hatha Yoga 9 - 10:30 am Joan | Satsanga (By Donation)✚ 6:30 - 8 am Kathryn | Hatha Yoga 9 - 10:30 am Jill | Yin/Yang Yoga 8:45 - 10:15 am Chris H. | Intermediate Hatha Yoga 9 - 10:30 am Janet |
| Yoga of the Old Masters 9:15 - 10:30 am Chris ✚ | Hatha Yoga 9 - 10:30 am Gerda | Fitmama (Sept. 13 - Nov. 1) Register thru Strathcona County 9:30 - 10:30 am Sara | Realignment Yoga 6:30 - 8 am Joan | Yin Yoga 9:15 - 10:30 am Janet | Hatha Yoga 9 - 10:15 am Karen | |
| Beginner Hatha Yoga 10:45 am - 12 pm Keltie | Realignment Yoga 9:15 - 10:30 am Joan | Sattva Yoga 11 am - 12:30 pm Georgia ✚ | Hatha Yoga 9 - 10:30 am Gerda | Beginner Yoga 10:45 am - 12 pm Keltie | Realignment Yoga 10:30 - 11:45 am Reg | |
| Realignment Yoga 11 am - 12:15 pm Eva | Gentle Somatic Yoga 11 am - 12:15 pm Jean | Realignment Yoga 11 am - 12:15 pm Joan | Gentle Restorative Yoga 9:15 - 10:45 am Karen | Realignment Yoga 11 am - 12:15 pm Jill | Hatha Yoga 10:30 am - 12 pm Janet | |
| Chair Yoga 1 - 2:15 pm Carol | Hatha Yoga 11 am - 12:15 pm Anita | Gentle Restorative Yoga* 1 - 2:30 pm Glenda | Beginner Yoga 11 am - 12:15 pm Chris✚ | Realignment Yoga 12:30 - 1:45 pm Jill | | |

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



Pricing:

7-week session: \$105
 Student/Senior: \$94.50

(Student ID required/Senior 60+)

YfT 16th Birthday & Open House Saturday, September 2

Complementary Class Schedule

| | | | | |
|---------------------------------------|-----------------------------------------|--------------------------------------------|--------------------------------------------|----------------------------------------------------------|
| 9:00 - 10:00 Yin Yoga - Chris H | 10:15-11:15 Sattva Yoga - Georgia | 11:30 - 12:30 Kundalini Yoga - Janet | 12:45 - 1:45 Realignment Yoga - Jill | 2:00 - 3:00 Yoga for Stress Relief - Michelle R |
| Gentle Somatic Yoga - Jean | Yoga Nidra - Chris | Beginner Yoga - Keltie | Yoga for Stiff Men - Reg | Ashtanga Yoga - Frank |

Also available:

- \$25 Intro Week (new students)
- 10 & 30 class passes
- One-month Unlimited Yoga
- Monthly Membership



FALL SCHEDULE

September 11 - October 29

*No classes on October 9

Registration now open!

| Monday | Tuesday | Wednesday | Thursday | Friday | Workshops |
|------------------------------------------------------|------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Evening Classes (Updated 06/30/2017) | | | | | September Workshops |
| Yin/Yang Yoga 5:30 - 7 pm Janet | Hatha Yoga & Aromatherapy 5:30 - 6:45 pm Karen | Yoga for Kids (6-9 yrs) (Sept. 13 - Nov. 1) Register thru County 4:15 - 5:15 pm Candy | Intermediate Hatha Yoga 5:30 - 6:45 pm Gerda | Hatha Yoga 5:30 - 6:45 pm Tina | Sept 2: Open House Sept 4-8: 5-Day Weight Regulating Clinic Sept 5-10: Yoga for Food Week Sept 8: Yin & Zin Sept 9: Happy Feet Sept 9: Self Care Using Foam Rollers & Balls Sept 10: 30-Hr Hatha Yoga Training w/Gerda Krebs Sept 10: Whole Body Alignment Intensive Sept 15: Good Vibes Drum Circle Event Sept 15-17: 17th 200 Hr. Yoga Teacher Training Sept 16: Yoga for Anxiety Workshop Sept 17: Whole Body Alignment Intensive Sept 17: Breath Awareness Sept 22 - November 3: Meditation and Mindfulness Training Sept 22-24 Yoga for Life: A Look at Ashtanga Yoga, Breath and Buoyancy Sept 24: Whole Body Alignment Intensive Sept 29: Fall Equinox Sept 30: Pranayama and Mudras September 30 - Oct 1: Teacher Development 10-Hr Immersion |
| Yoga Sculpt 5:45 - 7 pm Lori | Ashtanga Yoga 5:30 - 7 pm Ryan | Yoga for Kids (9-12 yrs) (Sept. 13 - Nov. 1) Register thru County 4:15 - 5:15 pm Donalee | Yoga and Meditation for Stress Relief * (Sept. 28 - Nov. 2) 5:30 - 7 pm Michelle R | Meditation and Mindfulness (Sept. 22 - Nov. 3) 6 - 7 pm Kushok Lobsang Buddhist Monk | |
| Yoga/ Yoga Nidra * 6 - 7 pm Kajal/Chris | Realignment Yoga 5:30 - 6:45 pm Jill | Yin Yoga 5:45 - 7 pm Leslie | Hatha Yoga 7 - 8:15 pm Tina | | |
| Beginner Hatha Yoga 7:15 - 8:30 pm Tina | Hatha Yoga 7 - 8:15 pm Jill | Realignment Yoga 5:45 - 7 pm Reg | Ashtanga Yoga 7 - 8:30 pm Frank | | |
| Kundalini Yoga 7:15 - 8:45 pm Janet ✚ | Yoga for Anxiety (Sept. 19 - Oct. 31)* 7 - 8:30 pm Gillian K | Kundalini Yoga ✚ (No class Oct. 4) 7 - 8:30 pm Rita | Low Intensity Prenatal Yoga 7:15 - 8:15 pm Pam | | |
| Yoga Flow 7:15 - 8:30 pm Chris H | Fitmama Prenatal Yoga 7:15 - 8:15 pm Sara | Beginner Hatha Yoga 7:15 - 8:30 pm Leslie | | | |
| | | Yoga for Stiff Men 7:15 - 8:30 pm Reg | | | |



Please remember to take a class in lieu of Thanksgiving (Oct 9)

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

October Workshops

Oct 1: Whole Body Alignment Intensive
 Oct 4-8: 18th 200-Hr Hatha Yoga Teacher Training begins
 Oct 7: Self Care Using Foam Rollers and Balls
 Oct 7: Thanksgiving Meditation Workshop
 Oct 8: Yoga Fits In 30-Hr Hatha Yoga Training
 Oct 8: Whole Body Alignment Intensive
 Oct 9: Get Your Balance this Thanksgiving
 Oct 13 - 15: 17th 200 Hr. Yoga Teacher Training
 Oct 14: Explore the Deeper Aspects of Yoga through Breath Awareness, Meditation and Asana
 Oct 21: Yoga for the Lymphatic System
 Oct 21: Your Brain on Pain
 Oct 22: Anatomy Workshop TBA
 Oct 27-29: Journey through the Chakras: A weekend of self-discovery, asana and meditation
 Oct 28: Psoas Workshop
 Oct 30 - November 5: Session Break
 Oct 31: Halloween Partner Yoga