



REGISTER NOW

Fall/Winter 2017 nov 6 - dec 24/17



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Day Classes

Hatha Yoga 9 - 10:30am Tina	Hatha Yoga 9 - 10:30am Gerda	Hatha Yoga 9 - 10:30am Joan	Realignment Yoga 6:30 - 8am Joan	Hatha Yoga 9 - 10:30am Jill	Yin/Yang Yoga 8:45-10:15pm Chris H.	Hatha Yoga Intermediate 9 - 10:30am Janet
Beginner Hatha Yoga 10:45 - 12pm Keltie	Realignment Yoga 9:15- 10:30am Joan	Yoga of the Old Masters 9:15-10:30am Chris E-B	Hatha Yoga 9 - 10:30am Gerda	Yin Yoga 9:15-10:30am Janet	Hatha Yoga 9 - 10:15am Karen	 <p>Xmas Eve Candlelight Yoga with Janet 9 - 10:30am</p> 
Realignment Yoga 11 - 12:15pm Eva	Gentle & Somatic Yoga 11 - 12:15pm Jean	Fitmama © (6wks - 18m) Register thru County 9:30 - 10:30 Sara	Gentle Restorative Yoga 9:15 - 10:45am Karen	Beginner Hatha Yoga 10:45 - 12pm Keltie	Realignment Yoga 10:30 - 11:45am Reg	
Chair Yoga 1 - 2:15pm Carol	Realignment Yoga 11 - 12:15pm Joan	Gentle Restorative Yoga 1 - 2:30pm Glenda		Realignment Yoga 11 - 12:15pm Jill	Hatha Yoga 10:30 - 12pm Janet	
				Realignment Yoga 12:30-1:45pm Jill		

7 Week Session:\$105
Student/Senior:\$94.50
(student ID Required/Senior 60+)

\$25 Intro (new students)
\$99 Intro (new students)
10 & 30 class passes
1 Month Unlimited Yoga

© - Registered class - no drop-ins



Please Remember
To take a class in lieu of
Remembrance Day
and/or any classes missed
due to our Holiday hours.

Yoga for Today
#206 2016 Sherwood Drive 780.416.4211 yogafortoday.ca

Also Available - Massage-Acupuncture-CranioSacral-Hot Stone-Reiki-Reflexology



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Evening Classes

Yin/Yang Yoga 5:30 - 7:00pm Janet	Hatha Yoga & Aromatherapy 5:30 - 6:45pm Karen	Kids Yoga (6 - 9 yrs) 4:15 - 5:15pm Candy	Hatha Yoga Intermediate 5:30 - 6:45pm Gerda
Yoga Sculpt 5:45 - 7:00pm Lori	Ashtanga Yoga 5:30 - 7:00pm Ryan	Kids Yoga (9-12 yrs) 4:15 - 5:15pm Donalee	Ashtanga Yoga 6 - 7:30pm Frank
iRest Yoga Nidra 7:15 - 8:30pm Chris E-B/Kajal	Realignment Yoga 5:30 - 6:45pm Jill	Yin Yoga 5:45 - 7pm Leslie	Hatha Yoga 7 - 8:15pm Tina
Beginner Hatha Yoga 7:15 - 8:30pm Tina	Hatha Yoga 7:00 - 8:15pm Jill	Realignment Yoga 5:45 - 7pm Reg	Prenatal Yoga Low Intensity 7:15 - 8:15pm Pam
Kundalini Yoga 7:15 - 8:45pm Janet	Yoga for Anxiety 7 - 8:30pm Gillian K.	Yoga for Stiff Men 7:15 - 8:30pm Reg	
	Prenatal Yoga Fitmama 7:15 - 8:15pm Sara	Beginner Hatha Yoga 7:15 - 8:30pm Leslie	



November Workshops

- November 3**
Kirtan Chanting - Sparrow Grace
- November 3 - 5**
+17th 200 Hr Yoga Teacher Training
- November 11**
Self Care Using Foam Rollers and Balls
Jill Gaumont
- November 12**
+Yoga Fits In 30-Hr Hatha Yoga Training (3/10) - Gerda Krebs
- November 14 - 21**
Huatulco Mexico All-Inclusive Yoga Vaction - Leslie McKenzie
- November 18**
Meditation and Mindfulness Full-Day Retreat - Kushok Lobsang
- November 25 - 26**
Heavenly Abode: The Yin-side of Existence 10-Hr Yin Yoga Retreat
Marla Ericksen
- November 25**
Yoga of the Old Masters: Nakamura and the Okido System - Dorothy Robinson-
- December Workshops**
- December 9**
Therapeutic Breathing & Mudras
Dorothy Robinson
- December 9**
Anatomy-Based Workshop TBA
Reg Nugent
- December 10 -**
+Yoga Fits In 30-Hr Hatha Yoga Training (4/10) - Gerda Krebs
- December 16**
Meditation Workshop
Kushok Lobsang
- December 27 - 31**
Restore and Renew 5-Day Clinic
- December 29**
Tibetan Singing Bowls
Neil Haggard

Remembrance Day

“And they who for their country die shall fill an honored grave, for glory lights the soldier’s tomb, and beauty weeps the brave.” -Joseph Drake

