



# 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><b>Christmas Eve Candlelight Yoga</b> <i>with Janet</i> 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 - 10:30am 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		Realignment Yoga 11 - 12:15pm Jill	Hatha Yoga 10:30 - 12pm Janet	
		Gentle Restorative Yoga 1 - 2:30pm Glenda		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  
Monthly Membership

© - 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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Monday	Tuesday	Wednesday	Thursday	November = December Workshops
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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 - 8:15pm Jill	Realignment Yoga 5:45 - 7pm Reg	
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