

# REGISTER NOW

Winter 2018 Jan 8 - March 4



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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## Day Classes - studio closed Family Day, Feb. 19, 2018

Hatha Yoga	Hatha Yoga	Hatha Yoga	Realignment Yoga	Hatha Yoga	Yin/Yang Yoga	Satsanga Yoga Feb 4 - 25 (by donation)
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9 - 10:30am Tina	9 - 10:30am Gerda	9 - 10:30am Joan	6:30 - 8am Joan	9 - 10:30am Jill	8:45-10:15pm Chris H.	7:30 - 8:30am Kathryn
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Yoga of the Old Masters	Realignment Yoga	Fitmama® (6wks - 18m)	Hatha Yoga	Yin Yoga	Hatha Yoga	Hatha Yoga Intermediate
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9:15 - 10:30am Chris E-B begins Jan 17	9:15- 10:30am Joan	9:30 - 10:30am Michelle A.	9 - 10:30am Gerda	9:15-10:30am Janet	9 - 10:15am Karen	9 - 10:30am Janet
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Beginner Hatha Yoga	Gentle & Somatic Yoga	Realignment Yoga	Gentle Restorative Yoga	Beginner Hatha Yoga	Realignment Yoga
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10:45 - 12pm Keltie	11 - 12:15pm Jean	11 - 12:15pm Joan	9:15 - 10:45am Karen	10:45 - 12pm Keltie	10:30 - 11:45am Reg
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Realignment Yoga	Realignment Yoga	Gentle and Restorative Yoga	Mommy & Preschooler Yoga	Realignment Yoga	Hatha Yoga
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11 - 12:15pm Eva	11 - 12:30pm Joan	1 - 2:30pm Melissa	11 - 12pm Neve	11 - 12:15pm Jill	10:30 - 12pm Janet
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Chair Yoga
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1 - 2:15pm  
Carol

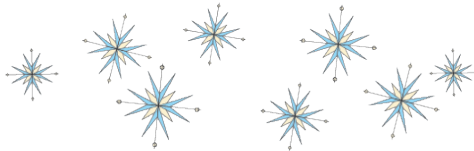


Realignment Yoga
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12:30-1:45pm  
Jill

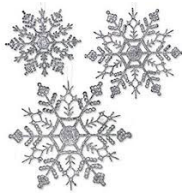
**Kick off the New Year!**  
**Unlimited Yoga for January: \$99**  
 8 Week Session: \$120  
 Student/Senior: \$108  
 (student ID Required/Senior 60+)  
 \$25 Intro/week (new students)  
 \$99 Intro/month (new students)  
 10 & 30 class passes  
 1 Month Unlimited Yoga  
 Monthly Membership

**Please Note**  
 Our 2 make-up policy for any registered program ends March 4.

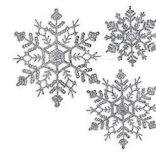


#206 2016 Sherwood Drive . 780.416.4211 . [yogafortoday.ca](http://yogafortoday.ca)

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



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Evening Classes - **studio closed Family Day, Feb. 19, 2018**

Yin/Yang Yoga 5:30 - 7:00pm Janet	Hatha Yoga & Aromatherapy 5:30 - 6:45pm Karen	Kids Yoga® (6 - 9 yrs) Register thru County 4:15 - 5:15pm Candy	Hatha Yoga Intermediate 5:30 - 6:45pm Gerda	Hatha Yoga 5:30 - 6:45pm Tina	Postnatal Recovery Yoga & Meditation® Jan 14-Mar 4 (7 wks - no class Feb 18) 4 - 5:15pm Kristi
Yoga Sculpt 5:45 - 7:00pm Lori	Ashtanga Yoga 5:30 - 7:00pm Ryan	Kids Yoga® (9-12 yrs) Register thru County 4:15 - 5:15pm Donalee	Ashtanga Yoga 5:30 - 6:45pm Frank	Buddhist Philosophy Course® Jan 12-Mar 2 (6 wks - no class Feb 16) 6 - 7pm Kushok Lobsang	iRest Yoga Nidra 7 - 8:30pm Chris/Kajal
Yoga & Meditation 7:15 - 8:30pm Chris H.	Realignment Yoga 5:30 - 6:45pm Jill	Yin Yoga 5:30 - 6:45pm 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	Karma Yoga for Saffron Centre 5:30 - 6:45pm TTP Grads \$10 Drop-in		
Kundalini Yoga 7:15 - 8:45pm Janet	Yoga for Anxiety® 7 - 8:30pm Gillian K.	Chakra Yoga Meditation® 7 - 8:30pm Leslie	Yoga & Meditation for Stress Relief® 7 - 8:30pm Pam		
	Prenatal Yoga Fitmama 7:15 - 8:15pm Kristi	Yoga for Stiff Men 7:15 - 8:30pm Reg			
		Beginner Hatha Yoga 7:15 - 8:30pm Michelle A.			



## January Workshops

- January 1 - 31** Kick off the New Year w/Unlimited Yoga
- January 1 - 5** 5 Day Weight Regulating Clinic
- January 1 - 5** 5 Day Yoga, Meditation & Mindfulness Clinic
- January 2 - 7** Yoga for Food Week
- January 5** New Year Drumming Circle
- January 6** Intro to the Chakras:Our Energy System
- January 6** Yoga for Anxiety
- January 13** Advancing with Yoga
- January 14** Lymphatic System II
- January 19 - 21** Yin Level 1 Training
- January 27** Meditation 101
- January 27** Psoas Supple Shoulders Workshop
- January 28** Energy Healing Workshop

## February Workshops

- February 3** Anatomy Based Workshop
- February 4** Pranayama & Mudras
- February 17** Self Care using Foam Rollers and Therapy Ball
- February 17** The Egoscue Method to Resolve Chronic Pain
- February 23 - 25** Journey through the Chakras: A Weekend of self discovery, asana and meditation
- February 24** Deep Restore

® -Registered class (no drop ins)  
 ®© - Registered Class, open to members (no drop-ins)

