



REGISTER NOW

{FALL/WINTER 2011} OCTOBER 31 to DECEMBER 23

*No classes on November 11, December 24, 25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Day Classes {Updated 11/07/11} See bottom for prices & more information

Hatha Yoga 9:00 - 10:30 Tina	Hatha Yoga 9:00 - 10:30 Gerda	Hatha Yoga 9:00 - 10:30 Joan	Re-Alignment Yoga (Egoscue) 6:30 - 8:00 Joan <small>*no class Nov. 17</small>	Re-Alignment Yoga (Egoscue) 9:00 - 10:30 Joan	Hatha Yoga 8:30 - 10:00 Tina	Hatha Intermediate 9:00 - 10:30 Tara
Kundalini Yoga (attracting prosperity) 9:00 - 10:30 Laara	Realignment Yoga (Egoscue) 9:15 - 10:30 Joan	Restorative/Gentle Yoga 9:15 - 10:30 Glenda	Hatha Yoga 9:00 - 10:30 Gerda	Yin Yoga ®© 9:15 - 10:15 Angie	Yin/Yang Yoga 8:45 - 10:15 Chris B-H	Breath Awareness & Asana 9:30 - 11:00 Julie
Beginner Yoga 10:45 - 12:00 Lynn	Beginner Yoga 10:45 - 12:00 Abby	Re-Alignment Yoga (Egoscue) 10:45 - 12:15 Joan	Gentle Yoga/Yoga Nidra 9:15 - 10:45 Glenda		Beginner Yoga ®© 10:15 - 11:30 Angie	
	*Yoga & MS ®© <i>See bottom for info</i> 11:00 - 12:15 Glenda		Mom+Baby Yoga ®© 11:00 - 12:15 Tina	Hatha Yoga 10:45 - 12:00 Rita	Hatha Yoga 10:30 - 12:00 Janet	
			Chair Yoga 1:00 - 2:15 Carol			
Hatha Yoga 1:00 - 2:30 Tina		Restorative/Gentle Yoga 1:00 - 2:30 Glenda				

8 Week Session \$104
 10 & 30 class passes
 1 & 3 Month Unlimited Yoga Passes
 Yoga memberships
 Seniors (60 years +) and students with ID receive a 10% discount

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

*** Yoga & MS 8 week session \$56**
 A class for people with MS. Sponsored by the MS Society of Canada.

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



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{FALL/WINTER 2011} OCTOBER 31 to DECEMBER 23

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Monday	Tuesday	Wednesday	Thursday	Friday	Workshops 2011
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Evening Classes {Updated 11/07/11}

Ashtanga Yoga some exper. required	Re-Alignment Yoga (Egoscue)	HEATED Hatha Yoga	Yoga for Kids Age 7-12	Hatha Yoga	November Workshops November 4 - 6 Yoga of the Old Masters Training Friedel Khattab November 5 Yoga & Meditation for Better Sleep Glenda Sartore November 11 Members Event: Remembrance Day Yoga & Meditation November 12 Yoga in Confined Spaces (Part II) Friedel Khattab November 19 Meditation Workshop: Calming the Mind Tibetan Buddhist Monk, Kushok November 26 - 27 Professional Development Day Level II Training for Yoga Teachers How Yoga Really Works December Workshops December 2 - 4 Yoga of the Old Masters Training Friedel Khattab December 3 Nine Stages of Calm Abiding Meditation Tibetan Buddhist Monk, Kushok December 16 Drumming Circle Maryann Preece & Kelly MacIntyre December 21 Winter Solstice Celebration Chris Beaudette-Hodsman December 24 Christmas Members Event December 27 - 31 Christmas Restore & Renew Clinic Glenda Sartore
5:30 - 7:00	5:00 - 6:15	5:30 - 6:45	4:30 - 5:30	5:30 - 6:45	
Chris B-H	Joan	Neve	Rita	Tina	
Hatha Yoga	Yin Yoga	Hatha Yoga	Ashtanga Yoga (All Levels)		
5:30 - 6:45	5:30 - 6:45	5:30 - 6:45	5:30 - 7:00		
Keltie	Gillian	Amie	Gillian		
Boot Camp Yoga	Ashtanga Yoga	Beginner Yoga	Hatha Yoga Intermediate		
5:45 - 7:00	5:30 - 7:00	7:00 - 8:15	5:30 - 6:45		
Lori	Jill	Amie	Gerda		
Beginner Yoga	Prenatal Yoga ®©	HEATED Hatha Yoga	Hatha Yoga		
7:15 - 8:30	7:00 - 8:00	7:00 - 8:15	7:00 - 8:15		
Tina	Abby	Neve	Tina		
Hatha Yoga	Gentle Yoga/ Yoga Nidra	*Meditation & Yoga Philosophy®	Vinyasa Flow Yoga		
7:15 - 8:30	7:15 - 8:30	7:00 - 8:30	7:15 - 8:30		
Chris B-H	Glenda	Tara	Neve		
Kundalini Yoga	Hatha Yoga				
7:15 - 8:45	7:15 - 8:30				
Satwinder	Jill				

* Meditation & Yoga Philosophy

November 2 - December 14

\$91 for 7 week session

\$40 for members/TTP for 7 week session

\$16 Drop-in

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© - Class free for members

✚ - **New Class!**