

Drop-In Schedule January – March 2010

Monday

10:00 a.m.	Yoga for 50-plus	Momoko	All Levels
12:00 p.m.	Hatha	Sue	Beginner
5:00 p.m.	Hatha	Melissa	All Levels
6:30 p.m.	Vinyasa	Sue	All Levels
8:00 p.m.	Yin Yoga	Sue	All Levels

Tuesday

8:30 a.m.	Vinyasa	Reno	All Levels
10:00 a.m.	Vinyasa	Reno	Beginner
12:05-12:50	Vinyasa	Sara-Jade	All Levels
5:00 p.m.	Hatha	Kyira	All Levels
6:30 p.m.	Jivamukti	Natasha	All Levels
8:00 p.m.	Hatha	Nadine	All Levels

Wednesday

12:00 p.m.	Hatha	Sue	All Levels
2:00 p.m.	Baby & Me	Lou	All Ages
3:45 p.m.	Yoga for Kids	Geordie	Ages 8-12
5:00 p.m.	Prenatal	Lou	All Trimesters
6:30 p.m.	Vinyasa	Cyndi	Beginner
8:00 p.m.	Vinyasa	Sara Jade	All Levels

Thursday

8:30 a.m.	Vinyasa	Reno	All Levels
10:00 a.m.	Hatha	Sara Jade	Beginner
12:05-12:50	Vinyasa	Mei B	All Levels
5:00 p.m.	Vinyasa	Sue	All Levels
6:30 p.m.	Dharma Talk	Kyira	By Donation
8:00 p.m.	Yin Yoga	Sue	All Levels

Friday

10:00 a.m.	Kundalini	Hanne	All Levels
12:00 p.m.	Vinyasa	Mei B	All Levels
5:00 p.m.	Hatha	Sue	All Levels
6:30 p.m.	Candlelight Hatha	Tomas	All Levels

Saturday

11:30 a.m.	Anusara	Shelley	All Levels
1:00 p.m.	Qj Gong	Deb	Pre-Register
3:30 p.m.	Restorative	Tomas	All Levels
5:00 p.m.	Vinyasa	Reno	All Levels

Sunday

10:30 a.m.	Vinyasa	Reno	All Levels
12:00 p.m.	Hatha	Sarah/Charlotte	Karma Class
1:30 – 4:30	Workshops /	Events	Pre-Register
5:00 p.m.	Hatha	Kyira	All Levels
7:00 - 8:30	Meditation	DIY Dharma	By Donation

All of our classes are Drop-in, unless otherwise specified.

Preregistered Classes: Please contact us for more information or to secure your spot.

Classes run for approx. 1 h 20 min.

Noon, Sunrise, and Families classes are one hour.

We are closed on all statutory holidays.



We are an open and inclusive community of individuals happily sharing yoga, tea, and good company.

First Class	\$ 10
Drop-in	\$ 15
Sign-up Session Reserve your spot in any one class for 10 consecutive weeks. 2 make-up classes permitted. Sorry, no extensions.	\$ 108
10 Lunch Hour Classes (Monday - Friday)	99
5 Drop-in Classes	70
10 Drop-in Classes	130
20 Drop-in Classes	230
50 Drop-in Classes	499
Unlimited One Month Pass	130
Unlimited Three Month Pass	330
Unlimited Annual Contract \$198 upfront, \$99 monthly for 10 months	1188
Private or small group Studio or Teahouse Rental Rate	\$80 - 120/hr \$35/hr

- All passes are non-refundable and non-transferable.
- Drop-in classes expire 6 months from date of purchase.
- Extensions may be granted only with the purchase of a new pass.

INTRODUCTORY OFFER!

10 CLASSES FOR \$99
(NEW STUDENTS ONLY)

ANNUAL UNLIMITED SPECIAL!
JUST \$99 MONTHLY with ONE MONTH FREE
(On sale until January 31, 2009)

Hatha: A traditional form of yoga practice emphasizing body awareness, balance and breathing. Ha- (Sun) and -tha (Moon) is the foundation for all forms of yoga practiced today, and has thousands of different postures.

Vinyasa: An active practice incorporating sun salutations and ujjayi (Victorious) breathing, linking continuous movement with breath. Evolving from the Ashtanga Vinyasa system of Pattabhi Jois, this class is a fusion between flowing with breath and gentle holds (sometimes referred to as 'Power' yoga). *May include back bends and/or inversions.*

Anusara-Inspired: A powerful yoga system that unifies the philosophy of intrinsic goodness with detailed alignment principles. Explore the concepts of muscle energy, loops and spirals, and body and alignment kinetics, while enjoying the philosophy of heart-centric practice. *May include back bends and/or inversions.*

Yin: A deep practice where postures are held up to 5 minutes, working into the connective tissues (yin) as opposed to muscle tissues (yang). This practice complements a more active (yang) style of yoga.

Kundalini: The 'yoga of awareness' as taught by Yogi Bhajan. Posture sets and active breath work concentrate on the chakras in the body to awaken the potential energy at the base of your spine (described as a coiled serpent or the Kundalini energy).

Kripalu: In Sanskrit, Kripalu translates as '*being compassionate*' and is a yoga of consciousness and personal transformation. Recognizing that every body is different, this class is taught in three stages: Breath and Body Awareness, Focusing Inward, and Meditation-in-motion.

Jivamukti: A vigorous hatha yoga practice that is a path to enlightenment through compassion for all beings. It weaves together asana (yoga poses), chanting, meditation, and great music with an elevated intention and study of ancient teachings. *May include back bends and/or inversions.*

Dharma Talk and Meditation: These meditation and Philosophy Classes offer instruction on the practice of insight meditation as well as discussion of Buddhist teachings from the Theravada (Thai) perspective. **By Donation.**

Yoga for 50-plus: A gentle practice aimed at improving joint mobility, muscle flexibility and balance while encouraging deep breathing and relaxation.

Prenatal Yoga: Yoga to connect mom with baby celebrating a safe, healthy pregnancy and baby! Practice postures that are specifically designed to strengthen and prepare the body for pregnancy and child birth. **This gentle class is suitable for all trimesters and experience levels.**

Baby & Me: An ideal way to re-balance and rejuvenate your energy while enjoying time with your baby. Please bring a blanket with you for your baby. **All ages welcome!**

Yoga for Families: A class of learning and exploring, crafting and singing. This class builds body awareness, mind-body-spirit connection and let's kids just have fun! Ages 3 and up. **Please contact us for registration.**

Yoga for Kids 8-12: A fun and physical class of yoga poses, breathing, and relaxation. Practice ways to safely stretch and tone the body and learn fun poses to practice at home. **Pre-registration required.**

Weekly Karma Class: Enjoy a free class on us! Please bring a non-perishable donation for the Vancouver Food Bank and meet the newest member of our teaching community. **Donations Welcome.**



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