

## Drop-In Schedule July - September 2010



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

### Monday

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

### Tuesday

6:30 a.m.	Ashtanga*	Lisa	Pre-Reg*
12:00 p.m.	Vinyasa	Sara-Jade	All Levels
5:00 p.m.	Hatha	Kyira	All Levels
6:30 p.m.	Kundalini	Jules	All Levels
8:00 p.m.	Hatha	Sarah	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*	Ages 8-12	Pre-Reg*
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

6:30 a.m.	Ashtanga	Lisa	Pre-reg*
10:00 a.m.	Yin	Danielle	Beginner
12:00 p.m.	Vinyasa	Mei B	All Levels
5:00 p.m.	Vinyasa	Sue	Level II
6:30 p.m.	Dharma Talk	Kyira	By Donation
8:00 p.m.	Yin	Sue	All Levels

### Friday

10:00 a.m.	Kundalini	Kelly	All Levels
12:00 p.m.	Hatha	Megan	All Levels
5:00 p.m.	Vinyasa	Elle	All Levels
6:30 p.m.	Candlelight Hatha	Melissa	All Levels

### Saturday

10:00 a.m.	Meditation*	Justin	Pre-Reg*
11:30 a.m.	Anusara	Shelley	Level II
1:30 p.m.	Hatha	Charlotte	All Levels
3:30 p.m.	Restorative	Tomas	All Levels

### Sunday

10:30 a.m.	Vinyasa	Reno	All Levels
12:00 p.m.	Hatha	Emily/ Lola	Karma Class
1:30 - 4:30	Workshops / Events	Events	*Pre-Reg
5:00 p.m.	Hatha	Kyira	All Levels
6:30 - 8:00	Meditation	DIY Dharma	By Donation

All of our classes welcome Drop-in's.

\*Preregistered Classes: Contact us 604-708-8369. (8 classes for \$108) or Drop In for \$15.

Classes run for approx. 1 h 20 min. (Lunch is 1 hr).

We are closed on all statutory holidays.

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

**SUMMER SPECIAL!**

**ONE MONTH UNLIMITED FOR \$99**  
(Purchase before August 31, 2010)

**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.*

**Ashtanga Vinyasa:** This challenging and paced power yoga class is based on the traditional method of Sri K. Pattabhi Jois of Mysore India. This deep flow uses sun salutations to detoxify and heat the body, working through the 72 postures of the Primary Series, taught with modifications. *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).

**Qi Gong:** Qi Gong is an ancient Chinese art that has been shown to have many health benefits. Practitioners use meditation, movement and breathing techniques to circulate and enhance their 'chi' or vital energy. Qi Gong has been practiced for thousands of years as a healing modality to help cure disease, reduce pain and relieve stress and tension.

**Pilates:** This physically challenging practice focuses on body alignment and was developed in. The program focuses on the core postural muscles which help keep the body balanced and which are essential to providing support for the spine. Pilates exercises teach awareness of breath and alignment of the spine, and aim to strengthen the deep torso muscles.

**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 Theravadan (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 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.**



**Unity Yoga Teahouse and Studio**  
Second Floor, 1672 East 10<sup>th</sup> Ave.  
(Just west of Commercial Dr.)  
Phone: (604) 708-8369  
Email: [Info@UnityYoga.ca](mailto:Info@UnityYoga.ca)  
[www.UnityYoga.ca](http://www.UnityYoga.ca)