



Yoga Source & Therapy Studio

16925 Yonge Street, Unit 25
Newmarket
(905) 830-9700

www.yogasource.ca

2012 Winter Schedule

Day	Time	Format	
Monday	10:00-11:30	Basic Flow *ECONOMY \$7	Corinne
	12:30-1:30	Exhale Flow	Corinne
	4:30-5:45	Restorative	Mary
	6:15-7:30	Just Right	Lisa
	7:45-9:00	Exhale Flow	Jen
Tuesday	10:00-11:30	Therapeutics	Theresa
	12:30-1:30	Restorative	Mary
	4:30-6:00	Just Right	Mary
	6:15-7:30	Restorative	Mary
	7:45-9:00	Exhale Flow	Theresa/Laurie
Wednesday	8:30-9:45	NEW!!! Just Right	Teri
	10:00-11:30	Therapeutics	Theresa
	12:30-1:30	Basic Flow	Ruth
	4:00-4:45	Kids Yoga (pre-reg 5-7)	Amanda
	5:00-6:00	Kids Yoga (pre-reg 8-12)	Tracy
	6:15-7:30	Exhale Flow	Patti
	7:45-9:00	Get Bendy	Theresa/Laurie
Thursday	10:00-11:30	Get Bendy	Deborah
	12:30-1:30	Restorative	Mary
	4:30-6:00	Therapeutics	Theresa
	6:15-7:30	Get Bendy *ECONOMY \$7	Teri
	7:45-9:00	Basic Flow	Danielle
Friday	10:00-11:30	Just Right	Theresa
	12:30-1:30	Basic Flow	Deborah
	5:30-6:45	NEW!!! Exhale Flow	Corinne
Saturday	9:00-10:30	Just Right	Laurie
	10:45-12:15	Get Bendy	Laurie
	1:00-3:00	Pre-reg Workshops	See Website
Sunday	10:00-11:30	Get Bendy	Maggi
	11:45-1:00	Basic Flow	Maggi
	6:15-7:30	NEW!!! Exhale + Meditation	Pat



Come Get Bent! Your first stretch is on Us! Class Levels and Suitability

Level 1 Gentle ~ Level 2 Enhance ~ Level 3 Deepen

Basic Flow – learn the poses and the terminology while building the strength and flexibility to have an awesome practice.
(All Levels Welcome)

Exhale Flow – A much-needed class to get the body moving using gentle stretches and easy breath work.
(All Levels Welcome)

Restorative - A gentle stretch with asanas to help realign the body and calm the mind. Props are used. (All Levels Welcome)

Get Bendy – This class is full of twists and turns with a steady focus. Perfect for the person who wants to flow some and hold some! (All Levels Welcome)

Just Right - A yummy class of feel-good stretches balanced with core and strengthening asanas. (All Levels Welcome)

Therapeutics – A class for those who want to work toward optimal alignment. Fundamentals are emphasized with a sense of humour. Guaranteed to feel great! (All Levels Welcome)

Economy Yoga – Practice more for less! Pay only \$7 cash or \$8 by interac. Unlimited members – No Charge!

Kids Yoga – Children explore yoga through postures, crafts, games and song. Taught with Love & Kindness.
Please Pre-register. (Ages 5-12)

Meditation - Meditation with a group helps us deepen our personal practices. Learning to create more Freedom in your Life. Non-denominational. (All Levels Welcome)

Pre-reg Workshops – A yogic 2 hour educational experience. Yoga, inside out. Join our community's expert teachers sharing their talent. Sign up at front desk. (All Levels Welcome)

Fees – (HST not included)

⊗ **New Members only** – First week Unlimited FREE!
and First purchase of One Month Unlimited - only \$65!
(Save 50%! This offer is non-transferable. Limit one per person. Offer cannot be upgraded, exchanged or combined with any other membership.)

Economy - \$7 Cash or \$8 interac

Single Adult - \$15

Single Student - \$11

4 class series - \$56

8 class series - \$104

10 class series - \$130

20 class series - \$240

⊗ Series expire 6 months from the date of purchase and are non-refundable and non-transferable.

Unlimited monthly - \$130

3 months unlimited - \$324

6 months unlimited - \$592

Annual - \$1025

⊗ One-on-one Instruction

1 session - \$80

4 sessions - \$260

Please call to book ahead

Therapists

Amy Collins - Registered Massage Therapist

Lynn McIntyre – RMT, Medical Acupuncture

Shauna Park - RMT, CST, Integrative Therapy

Rebecca Wilkinson - RMT, Lymphatic Drainage Therapy

Tanya Koldenhof – RMT, CST, Reiki, Facials, Waxing, Hawaiian Massage

Lindsay Dunford - Registered Massage Therapist

Jennifer Stanisic - Registered Massage Therapist

Natalie George – Counselling and Psychotherapy

Daniel Lacoste – Registered Holistic Allergist

Christina Foran – RMT, Reflexology

Lisa Kerr – Thai Yoga Massage