



Yoga Source & Therapy Studio

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

www.yogasource.ca

December 2009 Schedule

Private Yoga available 2-3pm weekdays

Day	Time	Format	
Monday	10:00-11:30	Open	Amanda
	12:30-1:30	Yoga Basics/Back Care	Aarti
	4:30-6:00	Open	Deborah
	6:15-7:30	Yoga Basics	Angeline
	7:45-9:00	Yoga Basics/Back Care	Crystal
Tuesday	7:30-8:30	Karma Yoga (by donation)	Val
	10:00-11:30	Yoga Basics/Back Care	Theresa
	12:30-1:30	Restorative/Beginner	Mary
	4:30-6:00	Open	Theresa
	6:15-7:30	Open	Laurie
	7:45-9:00	Yoga Basics	Laurie
Wednesday	10:00-11:30	Yoga Basics	Theresa
	12:30-1:30	Yoga Basics	Ruth
	4:30-6:00	Open	Corinne
	6:15-7:30	Yoga Basics	Amy
	7:45-9:00	Open	Amy
Thursday	10:00-11:30	Yoga Basics/Back Care	Deborah
	12:30-1:30	Restorative/Beginner	Mary
	3:45-4:45	Kids Yoga (pre-registered)	Amanda
	5:00-6:00	Kids Yoga (pre-registered)	Amanda
	6:15-7:30	Open	George
	7:45-9:00	Yoga Basics	Aarti
Friday	10:00-11:30	Open	Theresa
	12:30-1:30	Yoga Basics	Theresa
	4:30-6:00	Open	Amanda
	6:15-7:30	Yoga Basics	Corinne
	7:45-9:00	Donation Yoga – Open (First Friday of each month)	Corinne
Saturday	9:00-10:30	Yoga Basics/Back Care	Laurie
	10:45-12:15	Open	Laurie
	*7:30-9:00	Kirtan (Last Sat of each month)	Amanda
Sunday	10:00-11:30	Open	Jewel
	11:45-1:00	Yoga Basics	Jewel

No Kirtan in December

Check out our amazing workshops online

January Special!

2 weeks unlimited yoga for new members
Starting Jan 2nd Ending Jan 16th

We love new members!

Your first stretch is on us!

Class Levels and Suitability

Yoga Basics – An introductory level class to begin your practice.
All Students Welcome.

Yoga Basics/Back Care – Toning and conditioning the back and the abdominals using various postures. **All Students Welcome.**

Open – A class for all students who want to enhance their practice of postures from A to Z. Teachers will fine-tune the class in appropriate learning adaptation pending on the present group.

Restorative/Beginner – A gentle stretch of asanas to help realign the body and calm the mind. **All Students Welcome.**

Karma Yoga – Lovely early morning stretch for all levels. By cash donation only (suggested minimum donation \$7).

Kids Yoga – Children explore yoga through postures, crafts, and song. **(Pre-registered rates. Drop-in \$12. Ages 4-12) Starts Jan 14-Mar 11 (\$99)**

Kirtan – Join us in chanting and song on the last Saturday of each month. **All Welcome. By donation.**

Fees

❁ **New Members only - 2 weeks unlimited- \$30**
Single - \$14

Single Student - \$10

4 class series* - \$52

8 class series* - \$96

10 class series* - \$120

20 class series* - \$220

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

Unlimited monthly - \$120

3 months unlimited - \$300

6 months unlimited - \$550

Annual - \$950

❁ **One-on-one Instruction weekdays 2-3pm**

1 session - \$65

4 sessions - \$220

Please call to book ahead

Therapists

Candy Tse - Facials, Waxing, Masseur

Amy Collins - Registered Massage Therapist

Lynn McIntyre - Registered Massage Therapist

Tamara Stokoe-Said - Registered Massage Therapist

Jo-Anna McRogers – M.S.W. Psychotherapy, Doula, Reiki

Lynn Duncan-Smith – RMT, Reflexology, Cranial Sacral

Rebecca Wilkinson - RMT, Hot Stone Practitioner

Emily Gaudette – Registered Massage Therapist

Sharon Arnaud – Psychotherapy & Counseling

Shauna Park - RMT, Integrative Therapy

Lisa Kerr – Thai Yoga Massage

