



# Yoga Source & Therapy Studio

16925 Yonge Street, Unit 25  
Newmarket  
(905) 830-9700  
www.yogasource.ca

## 2012 Winter Schedule

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

# Come Get Bent! Your first stretch is on Us!

## Class Levels and Suitability

**Level 1 Beginner ~ Level 2 Intermediate ~ Level 3 Advanced**

**Basic Flow** – learn the poses and the terminology while building the strength and flexibility you need to move on.  
(All Levels Welcome)

**Exhale Flow** – A much-needed class to get the body moving using gentle stretches and easy breath work.  
(Level 1, but all welcome)

**Restorative** - A gentle stretch with asanas to help realign the body and calm the mind. (All Students Welcome)

**Fusion** – Not for the faint-hearted. This class is intensely dynamic, full of twists and turns with a steady focus. Perfect for the person who wants to flow some and hold some! (Level 2 to 3)

**Just Right** - A balanced class of feel-good stretches with core strengthening; this is a moderately paced class.  
(Level 2, but All Welcome)

**Therapeutics** - An intense class for those who want to work toward optimal alignment. Fundamentals are emphasized. 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. Please Pre-register. (Ages 5-12)

**Meditation** - Meditation with a group helps us deepen our personal practices. Non-denominational. (Suitable for Beginners.)

**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 - 2 weeks unlimited- \$30**

**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

