



Yoga Source & Therapy Studio

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

2016 August Schedule

Day	Time	The Practice	Length	Teacher
Mon	10:00 – 11:30	Begin Yoga	1.5 hrs	Patti
	12:30 – 1:30	Therapeutic Yoga	1 hr	Teri
	1:45 – 2:45	Trauma / Pain Sensitive Yoga	1 hr	Teri
Pre-Reg	4:45 – 5:45	Youth Yoga (9-15 years)	Returns	Sept 12 th -Dec 12 th
	6:15 – 7:30	Begin Yoga	1.25 hrs	Maggi
	7:45 – 9:00	Yin Meditation Yoga	1.25 hrs	Ali
Tues	10:00 – 11:30	Yoga	1.5 hrs	Theresa
	12:30 – 1:30	Restorative Yoga	1 hr	Patti
	4:30 – 5:45	Therapeutic Yoga	1.25 hrs	Stephanie
	6:15 – 7:30	Begin Yoga	1.25 hrs	Maggi
	7:45 – 9:00	Yoga	1.25 hrs	Stephanie
Wed	10:00 – 11:30	Yoga	1.5 hrs	Theresa
	12:30 – 1:30	Begin Yoga	1 hr	Teri
	1:45 – 2:45	CMHA	1 hr	Ruth
NEW Sept 14th	4:30 – 6:00	Yoga for Grief Relief	1.25 hrs	*Crystal
	6:15 – 7:15	Breathe, Meditate & Move	1 hr	Meg
	7:45 – 9:00	Yoga	1.25 hrs	Stephanie
Thurs	10:00 – 11:30	Yoga	1.5 hrs	Julie
	12:30 – 1:30	Restorative Yoga	1 hr	Teri
	4:30 – 6:00	Begin Yoga	1.5 hrs	Natalie
	6:15 – 7:30	Yoga	1.25 hrs	Stephanie
	7:45 – 9:00	"Karma" Yoga	1.25 hrs	**Student Teacher
Fri	10:00 – 11:30	Yoga	1.5 hrs	Theresa
	12:30 – 1:30	Yoga Back Care	1 hr	Meg
NEW Sept 9th	5:00 – 6:30	Yoga	1.5 hrs	*Maggi
Sat	9:00 – 10:30	Yoga	1.5 hrs	Laurie
	10:45 – 12:15	Begin Yoga	1.5 hrs	*Cathy
Pre-Reg	1:00 – 2:00	Swing Yoga	Returns	Fall 2016, 1x/month
Pre-Reg	1pm > various	Workshops	visit	yogasource.ca
Sun	8:30 – 9:30	Y12SR – Donation Fee	Returns	Sept 11th
	10:00 – 11:30	Yoga	1.5 hrs	Maggi
NEW Sept 11th	11:45 – 1:00	Yoga for "Inflexibles"	Returns	Sept 11th
NEW Sept 11th	4:30 – 6:00	Kundalini Meditation Yoga	1.5 hrs	*Maya
	1pm > various	Workshops	visit	yogasource.ca

* Denotes changes for August, Or class coming in September!

**Student teacher lead, \$5 drop in fee

Upcoming Events/Workshops:

Visit the Events page of our website yogasource.ca, Or visit us at our front desk!

Class Practice and Suitability

Begin Yoga This practice will set the foundations to strengthen the core & give general knowledge of the various yoga positions combined with breath work & meditation fundamentals. **Begin your challenge.**

Therapeutic Yoga For all levels integrating the benefits of a "therapeutic" approach to Hatha based Yoga, addressing posture, alignment, length & strength. **Your challenge if willing.**

Restorative Yoga Designed to restore using simple movements while supported by Yoga props to help realign the body, calm the mind. Let go, & use deep breaths. **All levels.**

Yoga Back Care The intention in this class is to strengthen & align the spine from pelvis to shoulders, alleviating tension & discomfort. **Begin your challenge.**

Yoga for "Inflexibles" Feeling inflexible but want to partake in a yoga program? This class is for you! With the use of props, modifications & clear instruction, the inflexible will find their flexibility in all postures. **Begin your challenge. Returns September 11th.**

Breathe, Meditate & Move Learn to healthfully breathe again & reconnect with your body using gentle stretches that will enable you to mediate with much more clarity and ease. **All levels.**

Kundalini Meditation Yoga Stay tuned for description, class to start Sunday September 11th

Yin Meditation Yoga A floor practice of holding postures for longer moving thru superficial muscle to release connective tissues, while nourishing & supporting the nervous system. Gentle hand on adjustments & meditation are often a part of class. **All levels.**

Yoga is a class that will allow the student to continue learning the different styles of yoga while promoting the deepening of your regular yoga practice. The instructor will show you how to adapt the poses to your individual anatomy & ability using yoga props. **Suitable for yogis with a strong practice.**

Trauma/Pain Sensitive Yoga A healing & recovery practice with focus on body awareness & breath work. This is a gentle practice full of personal mindful choice making. Renew your trust with this Very Gentle Yoga practice. We welcome you to join us.

Yoga for Grief/Bereavement A practice with the focus of releasing static energy & emotions. In this practice we will move and breathe to re-establish our innate ability to heal using balance and strength building postures. We will strive to face our challenges and release further. This class is great for those that suffer from PTSD. **Starts September 14th.**

Y12SR – Yoga 12 Step Recovery A 12 Step based discussion & yoga practice open to anyone dealing with their own addictive behaviour or affected by the behaviour of others. Open & inclusive group, in no way a replacement for 12 step meetings, a sponsor, or any other part of a 12 step recovery program. It is an adjunct providing what we believe is another helpful tool to address the physical, mental & spiritual dis-ease of addiction. The practices of yoga postures & meditation are a part of the class. Fee is by donation. Teacher/500RYT Theresa Gagnon, certified, Y12SR:Yoga 12 Step Recovery Leadership Certification. **Returns September 11th.**

Swing Yoga A class practiced while suspended in an aerial yoga swing. Practice yoga poses such as inversions & back bends with less strain. Be ready for deep stretches, unique core exercises and LIFT OFF! **Returns in Sept.**

CMHA Class is part of CMHA's day program, held in the Yoga Source studio. Participants must register with CMHA, contact to arrange, PH#905-841-3977.

Youth Yoga Fall session September 12th – December 12th. **REGISTER NOW!**

Private / In Home or Office Instruction

Yoga Source offers private instruction & small group sessions in our studio, or off-site sessions.

Fees (HST not included)

New Members only – First week Unlimited FREE! and First purchase of One Month Unlimited - only \$70!

Save 50%! This offer is non-transferable. Limit one per person.

Offer cannot be upgraded, exchanged or combined with any other membership.

<p>SINGLE CLASSES</p> <p>Single Adult -\$17 Student/Senior (65+) - \$12</p>	<p>UNLIMITED Memberships</p> <p>Unlimited monthly - \$140 3 months unlimited - \$354 6 months unlimited - \$652 Annual - \$1145</p>
<p>*CLASS SERIES</p> <p>4 class series -\$60 8 class series -\$116 10 class series -\$140 20 class series -\$260 Student/Senior ≥ 5 classes -\$11ea</p>	<p>IN-HOUSE ONE-ON-ONE, or Semi-Private</p> <p>(2 < participants, pre-booked) 60 minute session - \$85.00 1 Hour GROUP SESSION 3 to 6 participants - \$100 Additional participant(s) - \$10 ea IN HOME or OFFICE SESSIONS AVAILABLE</p>

*CLASS SERIES - Expires 6 months from purchase date, non-refundable & non-transferable

Our Therapists

Theresa Gagnon – Masseur

Christina Foran – RMT, Reflexology, Indie Head Massage

Jennifer Stanisc – RMT, Biomat Massage

Tatiana Myakinina – RMT, Hot Stone Massage

Tanya Mount – Registered Massage Therapist

Heather Macdonald – RMT, Craniosacral Therapy, Visceral Manipulation

Christine Moran – Homeopath & Holistic Nutritionist, Live Cell Microscopy

Deborah Keogh – Natural Aesthetician – Adelphie Natural Skin Care