



Yoga Source & Therapy Studio

16925 Yonge Street, Newmarket
(905) 830-9700

www.yogasource.ca

August 2017 Schedule

Day	Time	The Practice	Length	Teacher
Mon	10:00 – 11:30	Yoga Practice	1.5 hrs	Julie
	12:30 – 1:30	Begin Practice	1 hr	Crystal
Rtns in Sept	4:45 – 5:45	Youth Yoga (9-15 years)	1 hr	Sara
	7:00 – 8:30	Begin Practice	1.5 hrs	*Julia
Tues	10:00 – 11:30	Yoga Practice	1.5 hrs	Theresa
	12:30 – 1:30	Restorative Practice	1 hr	Patti
	6:15 – 7:30	Begin Practice	1.25 hrs	Ruth
Wed	10:00 – 11:30	Yoga Practice	1.5 hrs	Theresa
	12:00 – 12:25	Meditation Free	25 mins.	Theresa
	12:30 – 1:30	Begin Practice	1 hr	Theresa
	1:45 – 2:45	CMHA	1 hr	Ruth
	Rtns in Sept 5:00 – 5:45	Kids Yoga (4-8 years)	45 mins	Sara
Reserve board 7:00 – 8:30	Yoga Practice w/SUPtra	1.5 hrs	Crystal	
Thurs	10:00 – 11:30	Yoga Practice	1.5 hrs	Julie
	12:30 – 1:30	Restorative Practice	1 hr	Teri
	4:30 – 6:00	Begin Practice	1.5 hrs	Teri
	*7:00 – 8:30	Yoga Practice	1.25 hrs	Crystal
Fri	10:00 – 11:30	Yoga Practice	1.5 hrs	Theresa
	12:30 – 1:30	Begin Practice	1 hr	Theresa
Sat	9:00 – 10:30	Yoga Practice	1.5 hrs	Julia
	Rtns Sept *10:45–12:15	Postponed	To return	Sept 2017
Sun	10:00–11:30	Yoga Practice	1.5 hrs	Theresa
	Rtns Sept *12:00–1:15	Postponed	To return	Sept 2017

***Denotes class changes for August 2017**

Yoga Source LiveStreaming BEing Real!

<http://www.yogasource.ca/yoga-source-livestreaming/>

Coming Soon!

Enjoy yoga from the comfort of your home or mobile device.
Yoga Anywhere – Anytime, In Home – In Studio!

Upcoming Workshops:

Pre-registered Workshops held on Sat &/or Sun after 1pm. Visit our website <http://www.yogasource.ca/news-events/workshops/> or visit our front desk to register!

Class Practice Description

SUPtra Yoga / karma SUPtra A Hatha-based flow class helps you find your sea legs and introduces you to the power of SUP-Yoga, the yoga board assimilates the wobble of the water as if you are on a stand up paddle board. Have a blast exploring foundation postures; discover breath, muscular engagement, mindful movement and "kind" alignment. Expect to sweat and have a speed wobble or two!
Postponed for the month of August, returns mid-September!

Yoga w/SUPtra See Yoga practice description. In this class you may choose to practice on a karma SUPtra board or on your yoga mat. Karma SUPtra boards available to the first 13 participants.

Yoga Practice 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. Instructor will offer modifications for various possibilities using props.

Begin Practice This practice may include Yin Yoga, Therapeutic Yoga, and Yoga for Back Care. This class will set the foundations to strengthen the core & give general knowledge of the various yoga positions combined with breath work, meditation fundamentals, addressing posture, alignment, length & strength.

Restorative Practice This practice is designed to restore using simple movements while supported by Yoga props to help realign the body, calm the mind. Let go, & use deep breaths.

FREE Meditation Learn how to meditate in various ways. FREE for all to enjoy!

Swing Yoga A class practiced while suspended in an aerial yoga swing. Practice yoga poses such as inversions & back bends with less strain. Deep stretches, unique core exercises and LIFT OFF!
Pre-Registration required, to return in September!

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 (9-15 years) Mondays 4:45-5:45pm. Pre-registration required. **Fall session Sept 18th – Dec 11th**

Kids Yoga (4 – 8 years) Wednesdays 5-5:45pm. Pre-registration required. **Fall session Sept 20th – Dec 6th**

Register for full session, or one month only! For more information, to register, or to try a class before committing call #905-830-9700.

New Members only – First week Unlimited FREE!

And first purchase of One Month Unlimited - only \$74.50!

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

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

Class fees do not include HST

<p>SINGLE CLASSES</p> <p>Single Adult -\$20 Student/Senior (65+) - \$12</p>	<p>UNLIMITED Memberships</p> <p>30 day Unlimited Yoga - \$149 *Ask us about our August specials for 3, 6 or 12 month memberships*</p>
<p>*CLASS SERIES</p> <p>4 class series -\$72 8 class series -\$140 10 class series -\$170 20 class series -\$320 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

Christina Foran – RMT, Reflexology

Jennifer Stanisic – RMT, Biomat Massage

Tanya Mount – RMT

Heather Macdonald – RMT, Craniosacral, Visceral Manipulation

Christine Moran – Registered Homeopath & Holistic Nutritionist

Kaylene Joseph – Manual Osteopath, D.O.M.P

Janice Greer – Behaviour Specialist

Candy Tse - Aesthetician