



Yoga Source & Therapy Studio

16925 Yonge Street, Newmarket
(905) 830-9700

www.yogasource.ca

July 2018

Day	Time	The Practice	Length	Teacher
Mon	10:00 – 11:30	★ Begin Yoga	1.5 hrs	Julie
	12:30 – 1:30	★ Begin Yoga	1 hr	Julie
*NEW	5:30 – 6:45	Enhance Yoga	1.25 hrs	* Kellie
	7:00 – 8:30	Begin Yoga	1.5 hrs	Julia
Tues	10:00 – 11:30	★ Enhance Yoga	1.5 hrs	Theresa
	12:30 – 1:30	Restorative Yoga	1 hr	Patti
	4:30 – 5:45	Enhance Yoga	1.25 hr	Crystal
	6:15 – 7:30	Begin Yoga	1.25 hrs	Julia
Wed	10:00 – 11:30	★ Enhance Yoga	1.5 hrs	Theresa
	12:00 – 12:25	Meditation Free	25 mins	Theresa
	12:30 – 1:30	★ Begin Yoga	1 hr	Julie / Theresa
	1:45 – 2:45	CMHA	1 hr	Lori
	5:30 – 6:45	Enhance Yoga	1.25 hrs	Amy
	7:45 – 8:45	Unwind & Meditate	1 hr	Cathy
Thurs	10:00 – 11:30	★ Begin Yoga	1.5 hrs	Julie
	12:30 – 1:30	Restorative Yoga	1 hr	Patti
	4:30 – 6:00	Begin Yoga	1.5 hrs	Mary
Fri	10:00 – 11:30	★ Enhance Yoga	1.5 hrs	Theresa
	12:30 – 1:30	★ Begin Yoga	1 hr	K,J,T,M
Sat	9:00 – 10:30	★ Enhance Yoga	1.5 hrs	Julia
	10:45–12:15	Begin Yoga	1 hr	Cathy
Sun	10:00 – 11:30	Enhance Yoga	1.5 hrs	* Kellie
*	12:00 – 1:00	Returns	In	September

*** Denotes changes to In-Studio yoga classes July 2018**

★ Denotes Yoga Source LiveStreaming yoga classes
K,J,T,M = Kellie, Julia, Theresa, Mary

In-Studio New Members Offer:

\$10 Intro Class

\$25 per single class

\$69 unlimited yoga/month!

Membership cannot be augmented.

HST to be added to class fee at time of purchase.

SINGLE CLASSES	UNLIMITED Memberships
Single Class Adult -\$25 Single Class Student - \$12	Existing Members \$59^{+HST}/month New Members \$69^{+HST}/month

In-Studio Yoga Class Descriptions

FREE Meditation Learn how to meditate in various ways. Join us every Wednesday and enjoy!

Begin Yoga This class will set the beginning foundations for a strong yoga practice. Teachers will provide knowledge of the various yoga poses combined with breath work, meditation fundamentals, addressing posture, alignment, length and strength.

Enhance Yoga is a class suitable for seasoned yogis. This class will allow the student to explore various yoga poses in their technical terms. Focus and build the techniques of the poses in order to explore your optimal Alignment, Attitude, and Action.

Unwind & Meditate is a class offering breath work, gentle stretches and meditation. Enjoy this practice to relax, reprieve before bedtime.

Restorative Yoga 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.

Kids Yoga (4 – 8 years) Mondays 4:45-5:30pm.
Youth Yoga (9 - 15 years) Mondays 5:45-6:45pm.
Next session Sept 11th to Dec 17th, Register Now!

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.

Can't make it in to the studio?

Yoga Source LiveStreaming
yogastreamlive.com

Yoga

Anywhere, Anytime
At the click of a button!
Tired of Busy Schedules?
Yoga On Your Time!

\$9.97 Monthly Membership
\$97 Yearly Membership

★ Denotes Yoga Source LiveStreaming classes.
We also offer 20, and 30 minute LiveStreaming classes

Massage and other Therapies

Christina Foran – RMT, Reflexology

Jennifer Stanisc – RMT, Biomat Massage, Reiki

Tanya Mount – RMT

Heather Macdonald – RMT, Craniosacral, Visceral Manipulation

Christine Moran – Registered Homeopath & Holistic Nutritionist

Cris Gabriel – Thai Yoga Massage Practitioner