



# Yoga Source & Therapy Studio

16925 Yonge Street, Newmarket  
 PH: 905-830-9700  
 Email: info@yogasource.ca  
[www.yogasource.ca](http://www.yogasource.ca)

## Fall 2018

| Day          | Time          | Practice                     | Length   | Teacher                    |
|--------------|---------------|------------------------------|----------|----------------------------|
| <b>Mon</b>   | 10:00 – 11:30 | ★ Begin Yoga                 | 1.5 hrs  | <b>Julie</b>               |
|              | 12:30 – 1:30  | ★ Begin Yoga                 | 1 hr     | <b>Julie</b>               |
|              | 4:45 – 5:30   | Kids Yoga                    | 45 mins  | <b>Sara</b>                |
|              | 5:45 – 6:45   | Youth Yoga                   | 1 hr     | <b>Sara</b>                |
|              | 7:00 – 8:30   | Begin Yoga                   | 1.5 hrs  | <b>Julia</b>               |
| <b>Tues</b>  | 10:00 – 11:30 | ★ Intermediate Yoga          | 1.5 hrs  | <b>Theresa</b>             |
|              | 12:30 – 1:30  | Restorative Yoga             | 1 hr     | <b>Patti</b>               |
|              | 4:30 – 5:45   | Begin Yoga                   | 1.25 hr  | <b>Julia</b>               |
|              | 6:15 – 7:30   | Intermediate Yoga            | 1.25 hrs | <b>Cathy</b>               |
|              | 7:45 – 9:00   | Gentle Yoga                  | 1.25 hrs | <b>Veronica</b>            |
| <b>Wed</b>   | 7:30 – 8:30   | Yogalates<br>starts Oct 17th | 1 hr     | <b>Laura</b>               |
|              | 10:00 – 11:30 | ★ Intermediate Yoga          | 1.5 hrs  | <b>Theresa</b>             |
|              | 12:00 – 12:25 | <b>Meditation Free</b>       | 25 mins  | <b>Theresa</b>             |
|              | 12:30 – 1:30  | ★ Begin Yoga                 | 1 hr     | <b>Theresa</b>             |
|              | 1:45 – 2:45   | CMHA                         | 1 hr     | <b>Lori</b>                |
|              | 5:30 – 6:45   | Intermediate Yoga            | 1.25 hrs | <b>Amy</b>                 |
|              | 7:45 – 8:45   | Unwind & Meditate            | 1 hr     | <b>Cathy</b>               |
| <b>Thurs</b> | 10:00 – 11:30 | ★ Begin Yoga                 | 1.5 hrs  | <b>Julie</b>               |
|              | 12:30 – 1:30  | Restorative Yoga             | 1 hr     | <b>Patti</b>               |
|              | 6:15 – 7:30   | Intermediate Yoga            | 1.25 hrs | <b>Julia</b>               |
|              | 7:45 – 9:00   | Gentle Yoga                  | 1.25 hrs | <b>Mary</b>                |
| <b>Fri</b>   | 10:00 – 11:30 | ★ Intermediate Yoga          | 1.5 hrs  | <b>Kellie</b>              |
|              | 12:30 – 1:30  | ★ Gentle Yoga                | 1 hr     | <b>Theresa</b>             |
| <b>Sat</b>   | 9:00 – 10:30  | ★ Intermediate Yoga          | 1.5 hrs  | <b>Julia</b>               |
|              | 10:45–12:15   | Begin Yoga                   | 1.5 hrs  | <b>Cathy</b>               |
| <b>Sun</b>   | 10:00 – 11:30 | Intermediate Yoga            | 1.5 hrs  | <b>Kellie/<br/>Theresa</b> |
|              | 12:00 – 1:15  | Gentle Yoga                  | 1.25 hrs | <b>Mary</b>                |
|              | 4:30 – 5:30   | Gentle Yoga                  | 1 hr     | <b>Fraser</b>              |

\* **New In-Studio Classes/Changes** effective Sept 15th 2018  
[yogasource.ca](http://yogasource.ca)

★ **Yoga Source LiveStreaming Classes**  
[yogastreamlive.com](http://yogastreamlive.com)

## New Members In-Studio Offer:

### **\$10 Intro Class**

\$25 per single class

### **\$69 Unlimited Yoga for 30 Days!**

Membership cannot be augmented.  
HST to be added to class fee at time of purchase.

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| <b>SINGLE CLASSES</b><br>Single Class Adult -\$25<br>Single Class Student - \$12 | <b>UNLIMITED</b><br><b>30 Day Yoga Memberships</b><br>Existing Members < 5/15/18 <b>\$59<sup>+HST</sup></b><br>New Members > 5/15/18 <b>\$69<sup>+HST</sup></b> |
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## **In-Studio Yoga** **Class Descriptions**

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

**Gentle Yoga** Looking to start a yoga practice? Or need a reprieve? This class is designed to provide the yogi with gentle movements and breath practices enabling them to become connected and grounded.

**Begin Yoga** This class will allow the yogi to build a successful, viable, and healthy practice. Teachers will provide knowledge of the various yoga poses combined with breath work, meditation fundamentals, addressing posture, alignment, length and strength. **Please note: Last Sat. 10:45am class of each month option to use karma SUPtra board in class. Boards are first come first serve.**

**Intermediate Yoga** This class is suitable for yogis looking to enhance their practice, allowing for the exploration of various yoga poses in their technical terms. Explore optimal Alignment, Attitude, and Action.

**Unwind & Meditate** This class offers breath work, gentle stretches and meditation. Enjoy this practice to relax and reprieve before bedtime.

**Restorative Yoga** This class is designed to restore using simple movements while supported by Yoga props to help realign the body and calm the mind. This class is practiced from the floor. Let go and use deep breaths.

**Yogalates** This class is the perfect fusion of Hatha yoga and the core strengthening of Pilates. This one hour class will be based in part on the traditional exercises established by Joseph Pilates, but allowing for the additional use of props to enhance the core work out. Our class will end with a relaxing stretch.

**Kids Yoga** (4 – 8 years) Mondays 4:45-5:30pm.

**Youth Yoga** (9 - 15 years) Mondays 5:45-6:45pm.

**Winter session starts in January. Call to try, #905-830-9700!**

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

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### **Can't make it in to the studio?**

## **Yoga Source LiveStreaming** **yogastreamlive.com**

### **Anywhere, Anytime**

At the click of a button!

### **Tired of Busy Schedules?**

Yoga On Your Time!

**\$9.97 USD Monthly Membership**

**\$97 USD Yearly Membership**

**We also offer 20-30 minute classes**

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