



Yoga Source & Therapy Studio

16925 Yonge Street, Newmarket
(905) 830-9700

www.yogasource.ca

Fall 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
9/18 – 12/11 Pre-Reg	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
	*4:30 – 5:45	Yoga Practice	1.25 hr	*Teri
	6:15 – 7:30	Begin Practice	1.25 hrs	Ruth/Julia
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
	9/20 – 12/06 Pre-Reg	5:00 – 5:45	Kids Yoga (4-8 years)	45 mins
Call to Reserve board	7:00 – 8:30	Yoga Practice w/karma 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 – 1:45	Tech Yoga Practice	1.25 hrs	Theresa
Sat	9:00 – 10:30	Yoga Practice	1.5 hrs	Julia
	*10:45–12:15	Begin Practice	1.5 hrs	Cathy
Sun	10:00 – 11:30	Yoga Practice	1.5 hrs	Theresa
	*12:00 >	**Workshops	visit	yogasource.ca

***Denotes class additions / changes for Fall 2017**

****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!

Yoga Source LiveStreaming

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

**Yoga Anywhere, Anytime
In-Studio, At-Home!**

Youth Yoga (9-15 years) Mondays 4:45-5:45pm. Pre-registration required.

Fall session Sept 18th – Dec 11th – call #905-830-9700 to register

Kids Yoga (4 – 8 years) Wednesdays 5-5:45pm. Pre-registration required.

Fall session Sept 20th – Dec 6th – call #905-830-9700 to register

Class Practice Description

Yoga w/ karma 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.

Tech Yoga Practice is a class that will allow the student to explore various yoga poses in their technical terms. Practice in this class by honing in and breaking down the techniques of the poses in order to explore your optimal alignment.

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. Join us every Wednesday and 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, Upcoming classes November 4th & December 2nd – don't hesitate only 12 swings available.**

SUPtra Yoga / karma SUPtra (stay tuned to our LiveStreaming channel for classes to come) 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!

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.

**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 3 month Unlimited Yoga – \$444 6 month Unlimited Yoga – \$832 1 year Unlimited Yoga - \$1505</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 (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>

Ask us about our specials!

*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