



# Yoga Source & Therapy Studio

16925 Yonge Street, Newmarket  
(905) 830-9700

[www.yogasource.ca](http://www.yogasource.ca)

## December 2017 Schedule

Day	Time	The 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>Crystal</b>
<b>Pre-Reg</b>	4:45 – 5:45	Youth Yoga (9-15 years)	1 hr	<b>Sara</b>
	7:00 – 8:30	Begin Practice	1.5 hrs	<b>Julia</b>
<b>Tues</b>	10:00 – 11:30	Enhance Yoga	1.5 hrs	<b>Theresa</b>
	12:30 – 1:30	Restorative Practice	1 hr	<b>Patti</b>
	4:30 – 5:45	Enhance Yoga	1.25 hr	<b>Teri</b>
	6:15 – 7:30	Begin Yoga	1.25 hrs	<b>Ruth</b>
	* 7:45 – 8:45	*Gentle Yoga w/Meditation	1 hr	<b>*Cathy</b>
<b>Wed</b>	10:00 – 11:30	Enhance 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>Ruth</b>
	<b>Pre-Reg</b> 5:00 – 5:45	Kids Yoga (4-8 years)	45 mins	<b>Sara</b>
	<b>Call to Reserve board</b> 7:00 – 8:30	Enhance Yoga w/karma SUPtra	1.5 hrs	<b>Crystal</b>
<b>Thurs</b>	10:00 – 11:30	Begin Yoga	1.5 hrs	<b>Julie</b>
	12:30 – 1:30	Restorative Practice	1 hr	<b>Teri</b>
	1:45 – 2:45	Soulful Awareness Y12SR Fee by donation	1 hr	<b>Natasha</b>
	4:30 – 6:00	Begin Yoga	1.5 hrs	<b>Teri</b>
	7:30 – 8:45	Enhance Yoga	1.25 hrs	<b>Crystal</b>
<b>Fri</b>	10:00 – 11:30	Enhance Yoga	1.5 hrs	<b>Theresa</b>
	12:30 – 1:30	Begin Yoga	1 hr	<b>Theresa</b>
<b>Sat</b>	9:00 – 10:30	Enhance 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	Enhance Yoga	1.5 hrs	<b>Theresa</b>
	*12:00 – 1:00	*Restorative Practice	1 hr	<b>*Stephanie</b>

\*Denotes additions/changes for December 2017

### Upcoming Workshops:

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.  
**Winter session Jan 15<sup>th</sup> to Mar 5<sup>th</sup>**

**Kids Yoga** (4 – 8 years) Wednesdays 5-5:45pm. Pre-registration required.  
**Winter session Jan 17<sup>th</sup> to Mar 7<sup>th</sup>**

## Class Practice Description

**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.

**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.

**Enhance Yoga w/karma SUPtra** See Enhance Yoga 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.

**Soulful Awareness & Recovery – Y12SR** This class is for anyone wanting deeper awareness of self, cultivating strength & grace even through times of darkness. For anyone moving through recovery from whatever addiction it may be (addiction described as “anything we use to distract ourselves from the present moment”). We hold the power within us to create a life-changing shift, regardless of where we have been previously in our life, this is magnified by the connection to those around us & the deep realization that we are all more alike than we are different (to be practiced as an adjunct to other 12 step programs). **Fee = Minimum \$10 donation.**

**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, Held 1x/month, 2018 classes TBA – Only \$25 per person.**

**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><b>SINGLE CLASSES</b></p> <p>Single Adult -\$20 Student/Senior (65+) - \$12</p>	<p><b>UNLIMITED Memberships</b></p> <p>30 day Unlimited Yoga - \$149 3 month Unlimited Yoga – \$444 6 month Unlimited Yoga – \$832 1 year Unlimited Yoga - \$1505</p>
<p><b>*CLASS SERIES</b></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><b>IN-HOUSE ONE-ON-ONE, or Semi-Private</b> (2 &lt; participants, pre-booked) 60 minute session - \$85.00</p> <p><b>1 Hour GROUP SESSION</b> 3 to 6 participants - \$100 Additional participant(s) - \$10 ea</p> <p><b>IN HOME or OFFICE SESSIONS AVAILABLE</b></p>

**Ask us about our yoga class 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

**Theo Parusis** – RMT

**Lance Haines** – Laser Therapist

**Candy Tse** - Aesthetician