



Yoga Source & Therapy Studio

16925 Yonge Street, Newmarket
(905) 830-9700

www.yogasource.ca

November 2017 Schedule

Day	Time	The Practice	Length	Teacher
Mon	10:00 – 11:30	Align Yoga Practice	1.5 hrs	Julie
	12:30 – 1:30	Begin Practice	1 hr	Crystal
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
	Pre-Reg 5:00 – 5:45	Kids Yoga (4-8 years)	45 mins	Sara
Call to Reserve board	7:00 – 8:30	Yoga Practice w/karma SUPtra	1.5 hrs	Crystal
Thurs	10:00 – 11:30	Align Yoga Practice	1.5 hrs	Julie
	12:30 – 1:30	Restorative Practice	1 hr	Teri
*NEW	1:45 – 2:45	Soulful Awareness Y12SR Fee by donation	1 hr	Natasha
	4:30 – 6:00	Begin Practice	1.5 hrs	Teri
	7:30 – 8:45	Yoga Practice	1.25 hrs	Crystal
Fri	10:00 – 11:30	Yoga Practice	1.5 hrs	Theresa
	*12:30 – 1:30	Align Yoga Practice	*1 hr	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 additions/changes for November 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.
Winter session starts January – call #905-830-9700 to register
Kids Yoga (4 – 8 years) Wednesdays 5-5:45pm. Pre-registration required.
Winter session starts January – call #905-830-9700 to register

Class Practice Description

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

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.

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.

Align Yoga Practice is a class suited for all yogis. This class will allow the you to explore various yoga poses in their technical terms. Practice in this class by honing in and building 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.

Yoga Practice 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.

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).

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.**

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 style="text-align: center;">SINGLE CLASSES</p> <p style="text-align: center;">Single Adult -\$20 Student/Senior (65+) - \$12</p>	<p style="text-align: center;">UNLIMITED Memberships</p> <p style="text-align: center;">30 day Unlimited Yoga - \$149 3 month Unlimited Yoga - \$444 6 month Unlimited Yoga - \$832 1 year Unlimited Yoga - \$1505</p>
<p style="text-align: center;">*CLASS SERIES</p> <p style="text-align: center;">4 class series -\$72 8 class series -\$140 10 class series -\$170 20 class series -\$320 Student/Senior ≥ 5 classes -\$11ea</p>	<p style="text-align: center;">IN-HOUSE ONE-ON-ONE, or Semi-Private</p> <p style="text-align: center;">(2 < participants, pre-booked) 60 minute session - \$85.00</p> <p style="text-align: center;">1 Hour GROUP SESSION</p> <p style="text-align: center;">3 to 6 participants - \$100 Additional participant(s) - \$10 ea</p> <p style="text-align: center;">IN HOME or OFFICE SESSIONS AVAILABLE</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

Candy Tse - Aesthetician