



Yoga Source & Therapy Studio

16925 Yonge Street, Newmarket
(905) 830-9700

www.yogasource.ca

Jan 14th - Feb 28th, 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
Pre-Reg	4:45 – 5:30	Kids Yoga (4 -8 years)	45 mins	Sara
Pre-Reg	5:45 – 6:45	Youth Yoga (9-15 years)	1 hr	Sara
	7:00 – 8:30	Begin Practice	1.5 hrs	Julia
Tues	10:00 – 11:30	Enhance Yoga	1.5 hrs	Theresa
	12:30 – 1:30	Restorative Practice	1 hr	Patti
	4:30 – 5:45	Enhance Yoga	1.25 hr	Teri
	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	Theresa
	1:45 – 2:45	CMHA	1 hr	Lori
	Starts Feb 7th	4:30 – 5:45	*Yoga for Mental Health	1.25 hrs
Call to Reserve board	*6:15 – 7:45	Enhance Yoga w/karma SUPtra	1.5 hrs	Crystal
Thurs	10:00 – 11:30	Begin Yoga	1.5 hrs	Julie
	12:30 – 1:30	Restorative Practice	1 hr	Teri
	4:30 – 6:00	Begin Yoga	1.5 hrs	Teri
Fri	10:00 – 11:30	Enhance Yoga	1.5 hrs	Theresa
	12:30 – 1:30	Begin Yoga	1 hr	Theresa
Sat	9:00 – 10:30	Enhance Yoga	1.5 hrs	Julia
	10:45–12:15	Begin Yoga	1.5 hrs	Cathy
Sun	10:00 – 11:30	Enhance Yoga	1.5 hrs	Theresa
	Starts Jan 21st	12:00 – 1:00	Restorative Yoga	1 hr

***Denotes additions/changes for Jan 15th - Feb 28th, 2018**

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!

Kids Yoga (4 – 8 years) Mondays 4:45-5:30pm. Pre-registration required.
Winter session Jan 15th to Mar 5th

Youth Yoga (9 - 15 years) Mondays 5:45-6:45pm. Pre-registration required.
Winter session Jan 15th to Mar 5th

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.

Yoga for Mental Health This class is for those seeking self care and mental health. Join us for a gentle, breath lead practice, addressing support as a tool kit to wellness.

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. Upcomign classes - February 3rd, March 3rd, April 7th - \$25/person/class, or purchase 2 or more for \$20 each!**

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 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