



# Yoga Source & Therapy Studio

16925 Yonge Street, Newmarket  
(905) 830-9700

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

## March 2018

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>Julie</b>
<b>Pre-Reg</b>	4:45 – 5:30	Kids Yoga (4 -8 years)	45 mins	<b>Sara</b>
<b>Pre-Reg</b>	5:45 – 6:45	Youth Yoga (9-15 years)	1 hr	<b>Sara</b>
	7:00 – 8:30	Begin Yoga	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 Yoga	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>Julia</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>Lori</b>
	4:30 – 5:45	Yoga for Mental Health	1.25 hrs	<b>Crystal</b>
	<b>Call to Reserve board</b>	6:15 – 7:45	Enhance Yoga w/karma SUPtra	1.5 hrs
<b>Thurs</b>	10:00 – 11:30	★ Begin Yoga	1.5 hrs	<b>Julie</b>
	12:30 – 1:30	Restorative Yoga	1 hr	<b>Teri</b>
	4:30 – 6:00	Begin Yoga	1.5 hrs	<b>Teri</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 Yoga	1 hr	<b>Stephanie</b>

\* Denotes additions/changes for March, 2018

★ Denotes Yoga Source LiveStreaming class

### Upcoming Workshops:

Visit our website or visit our front desk to register!

### **Yoga Source LiveStreaming**

<http://www.yogasource.ca/start-live-streaming>

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

**Kids Yoga** (4 – 8 years) Mondays 4:45-5:30pm. Pre-registration required.  
Spring session March 19<sup>th</sup> to June 18<sup>th</sup> – call us #905-830-9700 to try a class or to register!

**Youth Yoga** (9 - 15 years) Mondays 5:45-6:45pm. Pre-registration required.  
Spring session March 19<sup>th</sup> to June 18<sup>th</sup> – call us #905-830-9700 to try a class or to register!

## 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. Upcoming classes - March 3<sup>rd</sup>, April 7<sup>th</sup> - \$25/person/class, or purchase 2 classes 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><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></p> <p>(2 &lt; participants, pre-booked) 60 minute session - \$85.00</p> <p><b>1 Hour GROUP SESSION</b></p> <p>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, Reiki

**Tanya Mount** – RMT

**Heather Macdonald** – RMT, Craniosacral, Visceral Manipulation

**Christine Moran** – Registered Homeopath & Holistic Nutritionist

**Kaylene Joseph** – Manual Osteopath, D.O.M.P

**Lance Haines** – Laser Therapist