



Yoga Source & Therapy Studio

16925 Yonge Street, Newmarket
(905) 830-9700

www.yogasource.ca

April 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 Yoga | 1.5 hrs | Julia |
| Tues | 10:00 – 11:30 | ★ Enhance Yoga | 1.5 hrs | Theresa |
| | 12:30 – 1:30 | Restorative Yoga | 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 |
| | 4:30 – 5:45 | Yoga for Mental Health | 1.25 hrs | Crystal |
| | Call to Reserve board | 6:15 – 7:45 | Enhance Yoga w/karma SUPtra | 1.5 hrs |
| Thurs | 10:00 – 11:30 | ★ Begin Yoga | 1.5 hrs | Julie |
| | 12:30 – 1:30 | Restorative Yoga | 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 |
| | 12:00 – 1:00 | Restorative Yoga | 1 hr | Stephanie |

* Denotes additions/changes for April, 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.
Fall session to start in September. Call us #905-830-9700 to try!

Youth Yoga (9 - 15 years) Mondays 5:45-6:45pm. Pre-registration required.
Fall session to start in September. Call us #905-830-9700 to try!

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 - April 7th, May 5th, June 2nd - \$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

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| <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</p> <p>(2 < participants, pre-booked) 60 minute session - \$85.00</p> <p>1 Hour GROUP SESSION</p> <p>3 to 6 participants - \$100 Additional participant(s) - \$10 ea</p> <p>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, 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