



Yoga Source & Therapy Studio

16925 Yonge Street, Newmarket
(905) 830-9700

www.yogasource.ca

May 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	Crystal
	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
	5:30 – 6:45	Enhance Yoga	1.25 hrs	*Amy
Thurs	10:00 – 11:30	★ Begin Yoga	1.5 hrs	Julie
	12:30 – 1:30	Restorative Yoga	1 hr	*Patti
	4:30 – 6:00	Begin Yoga	1.5 hrs	*Veronica
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 changes to In-Studio yoga classes May, 2018

★ Denotes Yoga Source LiveStreaming yoga classes

In-Studio New Members Offer:

\$10 Intro Class

\$25 per single class

\$69 unlimited yoga/month!

This offer is non-transferable. In-Studio classes only.

Offer cannot be extended, or augmented.

In-Studio Class fee do not include HST

SINGLE CLASSES	UNLIMITED Memberships
Single Class Adult -\$25 Single Class Student - \$12	Existing Members \$59^{+HST}/month New Memberships \$69^{+HST}/month

In-Studio Yoga Class Descriptions

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 Yoga 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.

Kids Yoga (4 – 8 years) Mondays 4:45-5:30pm.

Youth Yoga (9 - 15 years) Mondays 5:45-6:45pm.

Pre-registration required. Fall session to start in September.

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.

Can't make it in to the studio?

Yoga Source LiveStreaming

<https://yogastreamlive.com>

Yoga

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

\$9.97 Monthly Membership

\$97.00 Yearly Membership

Did you know Yoga Source offers Massage and other Therapies?

Christina Foran – RMT, Reflexology

Jennifer Stanisc – 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

Cris Gabriel – Thai Yoga Massage Practitioner