



Yoga Source & Therapy Studio

16925 Yonge Street, Newmarket
 PH: 905-830-9700
 Email: info@yogasource.ca
www.yogasource.ca

February 2019

Day	Time	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	45 mins	Sara
Pre-Reg	5:45 – 6:45	Youth Yoga	1 hr	Sara
	7:00 – 8:15	Begin Yoga	1.5 hrs	Julia
Tues	10:00 – 11:30	★ Intermediate Yoga	1.5 hrs	Theresa
	12:30 – 1:30	Restorative Yoga	1 hr	Patti
	4:30 – 5:45	Begin Yoga	1.25 hr	Julia
	7:00 – 8:15	Yoga for Every Ability	1.25 hrs	Theresa
Wed	10:00 – 11:30	★ Intermediate 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
	7:00 – 8:15	Yoga for Every Ability	1.25 hrs	Julia
Thurs	10:00 – 11:30	★ Begin Yoga	1.5 hrs	Julie
	12:30 – 1:30	Restorative Yoga	1 hr	Patti
	7:00 – 8:15	Yoga for Every Ability	1.25 hrs	Theresa
Fri	10:00 – 11:30	★ Intermediate Yoga	1.5 hrs	Theresa
	12:30 – 1:30	★ Gentle Yoga	1 hr	Theresa
Sat	9:00 – 10:30	★ Intermediate Yoga	1.5 hrs	Julia
	10:45–12:15	Begin Yoga	1.5 hrs	Cathy
Sun	10:00 – 11:30	Intermediate Yoga	1.5 hrs	Kellie
	4:30 – 5:30	Gentle Yoga	1 hr	Fraser

* **New In-Studio Classes/Changes** for February 2019
yogasource.ca

★ **These classes are also Yoga Source
 LiveStreaming Classes**
yogastreamlive.com

<p>SINGLE CLASSES Single Class Adult -\$25 Single Class Student - \$12</p>	<p>UNLIMITED IN-STUDIO 30 Day Yoga Membership \$79! Or visit yogasource.ca to purchase a monthly billing cycle membership for only \$69/month, save \$10/month!</p>
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In-Studio Yoga **Class Descriptions**

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

Restorative Yoga This class is designed to restore using simple movements while supported by Yoga props to help realign the body and calm the mind. This class is practiced from the floor. Let go and use deep breaths.

Gentle Yoga Looking to start a yoga practice? Or need a reprieve? This class is designed to provide the yogi with gentle movements and breath practices enabling them to become connected and grounded.

Begin Yoga This class will allow the yogi to build a successful, viable, and healthy practice. Teachers will provide knowledge of the various yoga poses combined with breath work, meditation fundamentals, addressing posture, alignment, length and strength.

Intermediate Yoga This class is suitable for all yogis looking to enhance their practice, allowing for the exploration of various yoga poses in their technical terms. Explore optimal Alignment, Attitude, and Action.

Yoga for Every Ability This class is suitable for all yogis of all abilities. Theresa will present breath practice to calm & options for each pose so that yogis may follow along at an individual pace. Unwind, Renew, and Restore.

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

Youth Yoga (9 - 15 years) Mondays 5:45-6:45pm.
Spring session March 14th – June 17th. Register Now!
Call to try, #905-830-9700!

CMHA This class is part of CMHA's day program, held in the Yoga Source studio. Participants must register with CMHA, contact PH#905-841-3977 to arrange.

Can't make it in to the studio?

Yoga Source LiveStreaming
yogastreamlive.com

Anywhere, Anytime

At the click of a button!

Tired of Busy Schedules?

Yoga On Your Time!

\$9.97 USD Monthly Membership

\$97 USD Yearly Membership

We also offer 20-30 minute livestreaming classes!
