



Yoga Source & Therapy Studio

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

March 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 | ★ Yoga for Every Ability | 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 | ★ Yoga for Every Ability | 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 | Yoga for Every Ability | 1.5 hrs | Theresa |
| | 12:30 – 1:30 | Yoga for Every Ability | 1 hr | Theresa |
| Sat | 9:00 – 10:30 | ★ Yoga for Every Ability | 1.5 hrs | Julia |
| | 10:45–12:15 | Begin Yoga | 1.5 hrs | Cathy |
| Sun | 10:00 – 11:30 | Yoga for Every Ability | 1.5 hrs | Kellie |
| | 4:30 – 5:30 | Yoga for Every Ability | 1 hr | Fraser |

★ These classes are also Yoga Source LiveStreaming plus many more, including Restorative & Meditation!

yogastreamlive.com

SINGLE CLASSES

Single Class Adult
 \$25^{+HST}

Single Class Student
 \$12^{+HST}

UNLIMITED IN-STUDIO 30 Day

Yoga Membership
\$79^{+HST}!

Or visit yogasource.ca to purchase a monthly billing cycle membership for only
\$69^{+HST}/month,
Save \$10/month!

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.

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.

Yoga for Every Ability This class is suitable for all yogis of all abilities. The instructor will present breath practice to calm & provide options for each pose so 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! Or 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!
