



## Yoga Source & Therapy Studio

16925 Yonge Street, Unit 25  
Newmarket  
(905) 830-9700  
www.yogasource.ca

### Summer 2009 Schedule

**June Special: 3 months unlimited for \$249**

Check out our amazing workshops online

Day	Time	Format	
<b>Monday</b>	10:00-11:30	Open	<b>Amanda</b>
	12:30-1:30	Yoga Basics/Back Care	<b>Aarti</b>
	4:30-6:00	Open	<b>Deborah</b>
	6:15-7:30	Yoga Basics	<b>Crystal</b>
	7:45-9:00	Yoga Basics/Back Care	<b>Crystal</b>
<b>Tuesday</b>	10:00-11:30	Yoga Basics/Back Care	<b>Theresa</b>
	4:30-6:00	Open	<b>Theresa</b>
	6:15-7:30	Open	<b>Laurie</b>
	7:45-9:00	Yoga Basics	<b>Laurie</b>
<b>Wednesday</b>	<b>9:15-10:45</b>	<b>Yoga Basics</b>	<b>Theresa/Deborah</b>
	12:30-1:30	Yoga Basics	<b>Ruth</b>
	4:30-6:00	Yoga Basics/Back Care	<b>Theresa</b>
	6:15-7:30	Yoga Basics	<b>Amy/Corinne</b>
	7:45-9:00	Open	<b>Amy/Corinne</b>
<b>Thursday</b>	10:00-11:30	Yoga Basics/Back Care	<b>Theresa</b>
	12:30-1:30	Restorative	<b>New Teachers</b>
	3:45-4:45	Kids Yoga (pre-registered)	<b>Amanda</b>
	5:00-6:00	Kids Yoga (pre-registered)	<b>Amanda</b>
	6:15-7:30	Open	<b>George</b>
	7:45-9:00	Yoga Basics	<b>Aarti</b>
<b>Friday</b>	10:00-11:30	Open	<b>Theresa</b>
	12:30-1:30	Yoga Basics	<b>Amanda</b>
	4:30-6:00	Open	<b>Theresa</b>
	<b>6:15-7:30</b>	<b>Heated Yoga – Basics</b>	<b>Corinne</b>
	<b>Saturday</b>	9:00-10:30	Yoga Basics/Back Care
<b>10:45-12:15</b>		<b>Heated Yoga – Open</b>	<b>Laurie</b>
*7:30-9:00		Kirtan (last of each month)	<b>Amanda</b>
<b>Sunday</b>	10:00-11:30	Open	<b>Jewel</b>
	11:45-1:00	Yoga Basics	<b>Jewel</b>

\*KIRTAN - May 30<sup>th</sup>, June 27<sup>th</sup>, July 25<sup>th</sup>

**We love new members!**

**Your first stretch is on us!**

### Class Levels and Suitability

**Yoga Basics** – An introductory level class to begin your practice.  
**All Students Welcome.**

**Yoga Basics/Back Care** – Toning and conditioning the back and the abdominals using various postures. **All Students Welcome.**

**Open** – A class for all students who want to enhance their practice of postures from A to Z. Teachers will fine-tune the class in appropriate learning adaptation pending on the present group.

**Restorative** – A gentle stretch of asanas to help realign the body and calm the mind. **All Students Welcome.**

**Heated Yoga** – Yoga Source's hot class comes from the heat of various asana sequences and the fabulous teachers. We just add a little more heat to the room to warm your bones (Room heated to 85-90F). Please bring a towel and water!!! Rentals available. **All Students Welcome.**

**Kids Yoga** – Children explore yoga through postures, crafts, and song. **(pre-registered. Ages 4-12)**

**Kirtan** – Join us in chanting and song on the last Saturday of each month. **All Welcome. By donation.**

### Fees

**Single - \$14**

**Single Student - \$10**

**4 class series\* - \$52**

**8 class series\* - \$96**

**10 class series\* - \$120**

**20 class series\* - \$220**

\*Series expire 6 months from the date of purchase and are non-refundable and non-transferable.

**Unlimited monthly - \$120**

**3 months unlimited - \$300**

**6 months unlimited - \$550**

**Annual - \$950**

\*New Members only - 2 weeks unlimited- \$30

\*One-on-one Instruction Available

Please call to book ahead

### Therapists

**Candy Tse** - Facials, Waxing, Masseur

**Amy Collins** - Registered Massage Therapist

**Lynn McIntyre** - Registered Massage Therapist

**Tamara Stokoe-Said** - Registered Massage Therapist

**Jo-Ann McRogers** – M.S.W. Psychotherapy, Doula, Reiki

**Lynn Duncan-Smith** – RMT, Reflexology, Cranial Sacral

**Robin Montgomery** - RMT, Osteopathy Thesis Writer

**Rebecca Wilkinson** - RMT, Hot Stone Practitioner

**Emily Gaudette** – Registered Massage Therapist

**Sharon Arnaud** – Psychotherapy

**Lisa Kerr** – Thai Yoga Massage

