



Yoga Source & Therapy Studio

16925 Yonge Street, Unit 25
Newmarket
(905) 830-9700

www.yogasource.ca

2011 Fall Schedule

Day	Time	Format	
Monday	10:00-11:30	*ECONOMY \$7 Basic Flow	Corinne
	12:30-1:30	Exhale	Corinne
	4:30-5:45	Restorative NEW!!!	Mary
	6:15-7:30	Just Right	Lisa
	7:45-9:00	Exhale	Pat
Tuesday	10:00-11:30	Therapeutics	Theresa
	12:30-1:30	Restorative	Mary
	4:30-6:00	Just Right	Mary
	6:15-7:30	Restorative	Mary
	7:45-9:00	Mixed Up	Kyle
Wednesday	8:30-9:45	Rise & Shine Vinyasa *by donation	Teri
	10:00-11:30	Just Right	Theresa
	12:30-1:30	Basic Flow	Ruth
	4:00-4:45	Kids Yoga (pre-reg 5-7)	Amanda
	5:00-6:00	Kids Yoga (pre-reg 8-12)	Tracy
	6:15-7:30	Exhale	Laurie
	7:45-9:00	Mixed Up	Laurie
Thursday	10:00-11:30	Mixed Up	Deborah
	12:30-1:30	Restorative	Mary
	4:30-6:00	Therapeutics	Theresa
	6:15-7:30	*ECONOMY \$7 Detox	Various
	7:45-9:00	Basic Flow	Corinne
Friday	10:00-11:30	Just Right	Theresa
	12:30-1:30	Basic Flow	Deborah
	4:30-5:30	Detox NEW!!	Corinne
	5:45-7:00	Exhale NEW!!	Corinne
Saturday	9:00-10:30	Just Right	Laurie
	10:45-12:15	Mixed Up	Laurie
	1:00-4:00	Pre-reg Workshops	See Website
Sunday	9:00-9:45	Meditation – By Donation	Pat
	10:00-11:30	Mixed Up	Jewel/Maggie
	11:45-1:00	Basic Flow	Jewel/Maggie



Your first stretch is on Us!

Class Levels and Suitability

Level 1 Beginner ~ Level 2 Intermediate ~ Level 3 Advanced

Basic Flow – learn the poses and the terminology while building the strength and flexibility you need to move on. (All Levels Welcome)

Exhale – A much-needed class to get the body moving using gentle stretches and easy breath work. (Level 1, but all welcome)

Mixed up–Turn up the heat by working whatever the class is up for, from inversions to moon salutations. (Level 2 to 3)

Restorative - A gentle stretch with asanas to help realign the body and calm the mind. (All Students Welcome)

Detox - Sweat in this vigorous class. Not for the faint-hearted! Intensely dynamic, full of twists and turns that will heat you up from the inside! (Level 2 to 3)

Just Right - A balanced class of feel-good stretches with core strengthening; this is a moderately paced class. (Level 2, but All Welcome)

Therapeutics - An intense class for those who want to work toward optimal alignment. Fundamentals are emphasized. Guaranteed to feel great! (All Levels Welcome)

Economy Yoga – Practice more for less! Pay only \$7 cash or \$8 by interac. Unlimited members – No Charge!

Rise & Shine Vinyasa – Rise up to greet the day with an energetic flow practice. Shine your heart, honour your community. By donation to local charities – Cash only Please. (All Levels)

Kids Yoga – Children explore yoga through postures, crafts, games and song. Please Pre-register. (Ages 5-12)

Meditation - Meditation with a group helps us deepen our personal practices. Non-denominational. By donation to local charities. (Suitable for Beginners.)

Pre-reg Workshops – A yogic 3 hour educational experience. Yoga, inside out. Join our community's expert teachers sharing their talent. Sign up at front desk. (All Levels Welcome.)

Fees – (HST not included)

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

Economy - \$7 Cash or \$8 interac

Single Adult - \$15

Single Student - \$11

4 class series - \$56

8 class series - \$104

10 class series - \$130

20 class series - \$240

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

Unlimited monthly - \$130

3 months unlimited - \$324

6 months unlimited - \$592

Annual - \$1025

⊗ **One-on-one Instruction weekdays 2-3pm**

SPECIAL! 1 session - \$60 (reg. \$80)

4 sessions - \$200 (reg. \$280)

Please call to book ahead

Therapists

Amy Collins - Registered Massage Therapist

Lynn McIntyre – RMT, Medical Acupuncture

Rebecca Wilkinson - RMT, Lymphatic Drainage Therapy

Shauna Park - RMT, CST, Integrative Therapy

Daniel Lacoste – Registered Holistic Allergist

Christina Foran – RMT, Reflexology

Tanya Koldenhof – RMT, Reiki

Lisa Kerr – Thai Yoga Massage