



**Yoga Source &
Therapy Studio**
16925 Yonge Street, Unit 25
Newmarket
(905) 830-9700
www.yogasource.ca

**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/Beginner – A gentle stretch of asanas to help realign the body and calm the mind.

All Students Welcome.

Kids Yoga – Children explore yoga through postures, crafts, and song. Begins September. Pre-register now!
(Pre-registered rates. Ages 4-12)

Music Rendezvous – Join us in music, dancing and song on the last Saturday of each month. **Back in September.**

All Welcome. By donation.

Fees – (HST included)

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

Single - \$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**

1 session - \$80

4 sessions - \$280

Please call to book ahead

Therapists

Candy Tse - Facials, Waxing, Masseur

Amy Collins - Registered Massage Therapist

Lynn McIntyre - Registered Massage Therapist

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

Lynn Duncan-Smith – RMT, Reflexology, Cranial Sacral

Rebecca Wilkinson - RMT, Hot Stone Practitioner

Emily Gaudette – Registered Massage Therapist

Shauna Park - RMT, CST, Integrative Therapy

Jenn Knapp – Relaxation Massage, Reflexology

Michelle Rioux – Registered Massage Therapy

Lisa Kerr – Thai Yoga Massage

Summer 2010 Schedule

Day	Time	Format	
Monday	10:00-11:30	Open	Amanda
	12:30-1:30	Yoga Basics/Back Care	Aarti
	4:30-6:00	Open	Deborah
	6:15-7:30	Yoga Basics	Crystal
	7:45-9:00	Yoga Basics/Back Care	Crystal
Tuesday	10:00-11:30	Yoga Basics/Back Care	Theresa
	12:30-1:30	Restorative/Beginner	Mary
	4:30-6:00	Open	Amy
	6:15-7:30	Open	Meshal
	7:45-9:00	Yoga Basics	Aarti
Wednesday	10:00-11:30	Yoga Basics	Theresa
	12:30-1:30	Yoga Basics	Ruth
	3:45-4:45	Kids Yoga (pre-registered)	Amanda
	5:00-6:00	Kids Yoga (pre-registered)	Amanda
	6:15-7:30	Yoga Basics	Amy
	7:45-9:00	Open	Amy
Thursday	10:00-11:30	Yoga Basics/Back Care	Deborah
	12:30-1:30	Restorative/Beginner	Mary
	4:30-6:00	Yoga Basics	Meshal
	6:15-7:30	Open	Aarti
	7:45-9:00	Yoga Basics	Aarti
Friday	10:00-11:30	Open	Theresa
	12:30-1:30	Yoga Basics	Meshal
	4:30-6:00	Open	Corinne
Saturday	9:00-10:30	Yoga Basics/Back Care	Meshal
	10:45-12:15	Open	Meshal
	*7:30pm start	Music Rendezvous (Last Sat of each month - September)	Meshal
Sunday	9:00-9:45	Meditation - Starts September (by donation to various charities)	Pat
	10:00-11:30	Open	Jewel
	11:45-1:00	Yoga Basics	Jewel

* **Yoga Teacher's Training begins January 2011!** *

