



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

Winter 2011 Schedule

Day	Time	Format	
Monday	10:00-11:30	* ECONOMY \$7 Basic Flow	Joe
	12:30-1:30	Exhale	Aarti
	4:30-6:00	Detox	Deborah
	6:15-7:30	Just Right	Crystal
	7:45-9:00	Exhale	Crystal
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	Laurie
Wednesday	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)	Amanda
	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	Aarti
	7:45-9:00	Basic Flow	Aarti
Friday	10:00-11:30	Just Right	Theresa
	12:30-1:30	Therapeutics	Lynn
	5:30-6:45	Detox	Corinne/Laurie
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
	11:45-1:00	Basic Flow	Jewel

* **New ECONOMY Classes – Pay only \$7 cash or \$8 interac!**



**We Love New Members!
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)

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

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 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**

1 session - \$80

4 sessions - \$280

Please call to book ahead

Therapists

Candy Tse – Facials, Waxing, Masseur

Amy Collins – Registered Massage Therapist

Lynn McIntyre – RMT, Medical Acupuncture

Rebecca Wilkinson – RMT, Hot Stone Practitioner

Lynn Duncan-Smith – RMT, Reflexology, Cranial Sacral

Daniele Hart – Body Talk, Hypnotherapy, Homeopathy, Reiki

Emily Gaudette – Registered Massage Therapist

Shauna Park – RMT, CST, Integrative Therapy

Lisa Kerr – Thai Yoga Massage