



**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 Yoga Basics - \$7 | 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 | Yoga Basics | Ruth |
| | 4:00-4:45 | Kids Yoga | Amanda |
| | 5:00-6:00 | Kids Yoga | 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 | Detox | Aarti |
| | 7:45-9:00 | Yoga Basics | 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 | Yoga Basics | Jewel |

**New ECONOMY Class – 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

Yoga Basics – 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)

Kids Yoga – Children explore yoga through postures, crafts, games and song. Please Pre-register.
(Pre-registered rates. Ages 4-12)

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
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 – 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