



Yoga Source & Therapy Studio

16925 Yonge Street, Newmarket
(905) 830-9700

www.yogasource.ca

2014 June Schedule

Day	Time	Level	Comments	Teacher
Mon	10:00 – 11:30	♥	Yoga	Patti
	12:30 – 1:30	♥♥	Yoga	Jen M
	4:30 – 5:45	♥♥	Yoga	Jen F
	6:15 – 7:30	♥♥	Yoga	Ruth
	7:45 – 9:15	♥♥♥	Yoga	Daye
Tues	10:00 – 11:30	♥♥	Yoga	Theresa
	12:30 – 1:30	♥	Yoga Restorative	Patti
	4:30 – 6:00	♥♥	Yoga	Rachel
	6:15 – 7:30	♥♥	Yoga	Corinne
	7:45 – 9:00	♥♥	Yoga	Brie
Wed	10:00 – 11:30	♥♥	Yoga	Theresa
	12:30 – 1:30	♥♥	Physio Yoga	Jen B
Returns in Sept	4:00 – 4:45	Kids Yoga	(Pre-reg 5-7)	Amanda
Returns in Sept	5:00 – 6:00	Kids Yoga	(Pre-reg 8-12)	Tracy
	6:15 – 7:30	♥	Yoga	Patti
	7:45 – 9:15	♥♥♥	Yoga	Jewel/Patti
Thurs	10:00 – 11:30	♥♥	Yoga	Sandra
	12:30 – 1:30	♥	Yoga Restorative	Teri
	4:30 – 6:00	♥♥♥	Yoga	Theresa
	6:15 – 7:30	♥♥	Yoga	Theresa
	7:45 – 9:00	♥♥	Yoga	Rachel
Fri	10:00 – 11:30	♥♥♥	Yoga	Theresa
	5:00 – 6:30	♥♥	Yoga	Sandra
Sat	9:00 – 10:30	♥♥	Yoga	Laurie
	10:45 – 12:15	♥♥♥	Yoga	Jen M
	1pm >		Workshops	See yogasource.ca
Sun	10:00 – 11:30	♥♥♥	Yoga	Theresa
	11:45 – 1:00	♥♥	Yoga	Rachel

Upcoming Events / Workshops:

★ Connect to our website www.yogasource.ca, or come see us at our front desk ★

Angel Morgan – Psychic Reader/Healings

At Yoga Source every Thursday 9:30am – 1:30pm

Schedule your 30 minute or 1 hour session at our front desk or call us #905-830-9700

Our Therapists

Theresa Gagnon – Masseur

Rebecca Wilkinson – RMT, Lymphatic Drainage Therapy

Christina Foran – RMT, Reflexology, Indian Head Massage

Jennifer Stanisic – RMT, Biomat Massage

Tatiana Myakinina – RMT, Hot Stone Massage, Cupping

Jacqueline Kaminski – Psychotherapy

Class Levels and Suitability

♥ Begin Yoga

♥ Restorative Yoga

♥♥ Fundamental Yoga

♥♥♥ Maintain Yoga

♥ Begin yoga practice is designed with easier poses, learning how your breath can help you relax and renew.

♥ Restorative Yoga practice is designed to restore using very simple movements while supported by Yoga props to help realign the body, calm the mind. Let go, and use deep breaths.

♥♥ Fundamental Yoga is a practice to continue learning the different styles of yoga as the instructor shows you how to adapt the poses to your individual anatomy and ability using props such as bolsters, blankets, straps, etc. ** This is Yoga Source's most popular class **

♥♥♥ Maintain Yoga is a practice that will allow you to deepen your yoga practice. This class is for students who have a regular practice who would like to take their practice to the next level.

Other Class Options

♥♥ **Physio Yoga** is a class for all levels integrating the benefits of a "physiotherapeutic" approach to Hatha based Yoga, addressing posture, alignment, length and strength. Physiotherapist receipts available for participants.

Classes for Kids

Kids Yoga children explore Yoga through postures, crafts, games and songs. Please pre-register.

Upcoming Fall Session Sept 17th – Dec 3rd, 2014
(Available for ages 5-7 and 8-12)

Private Instruction

Private Yoga - Yoga Source offers private One-on-One instruction and small group semi-private sessions.

Fees (HST not Included)

New Members only – First week Unlimited FREE!
and First purchase of One Month Unlimited - only \$65!

*Save 50%! This offer is non-transferable. Limit one per person.
Offer cannot be upgraded, exchanged or combined with any other membership.*

SINGLE CLASSES Single Adult -\$15 Student/Senior (65+) - \$11	UNLIMITED Memberships Unlimited monthly - \$130 3 months unlimited - \$324 6 months unlimited - \$592 Annual - \$1025
CLASS SERIES* 4 class series -\$56 8 class series -\$104 10 class series -\$130 20 class series -\$240 Student/Senior ≥ 5 classes -\$10ea	ONE-on-ONE Instruction (Please call to book ahead) 45 minute session - \$55 60 minute session - \$70 1 Hour GROUP SESSION 2 to 6 participants - \$100 Additional participant(s) - \$10 ea

* Expires 6 months from the date of purchase, non-refundable & non-transferable