



Yoga Source & Therapy Studio

16925 Yonge Street, Newmarket
(905) 830-9700
www.yogasource.ca

2015 February Schedule

Day	Time	The Practice	Length	Teacher
Mon	10:00 – 11:30	Begin Yoga	1.5 hrs	Patti
	12:30 – 1:30	Therapeutic Yoga	1 hr	Teri
	*Drop in fee, \$11/class 4:45 – 5:45	Youth Yoga (11-17 yrs)	1 hr	Caitlyn
	6:15 – 7:30	Begin Yoga	1.25 hrs	Alex
	7:45 – 8:45	Meditation Yoga	1 hr	Daye
Tues	10:00 – 11:30	Yoga	1.5 hrs	Theresa
	12:30 – 1:30	Restorative Yoga	1 hr	Patti
	4:30 – 5:45	Therapeutic Yoga	1.25 hrs	Sandra
	6:15 – 7:30	Begin Yoga	1.25 hrs	Corinne
	7:45 – 9:00	Yoga	1.25 hrs	Brie
Wed	10:00 – 11:30	Yoga	1.5 hrs	Theresa
	12:30 – 1:30	Begin Yoga	1 hr	Teri
	Call us for info. 4:00 – 4:45	Kids Yoga (Pre-reg 5-7)		Rebekah
	Call us for info. 5:00 – 6:00	Kids Yoga (Pre-reg 8-12)		Tracy
	6:15 – 7:30	Restorative Yoga	1.25 hrs	Patti
	7:45 – 9:15	Begin Yoga	1.5 hrs	*Danielle
Thurs	10:00 – 11:30	Yoga	1.5 hrs	Sandra
	12:30 – 1:30	Restorative Yoga	1 hr	Teri
	4:30 – 6:00	Yoga	1.5 hrs	Theresa
	6:15 – 7:30	Begin Yoga	1.25 hrs	Sandra
	7:45 – 9:00	Yoga	1.25 hrs	Rachel
Fri	10:00 – 11:30	Yoga	1.5 hrs	Theresa
	12:30 – 1:30	Physio Yoga	1 hr	Jen B
	5:00 – 6:30	Advanced Yoga	1.5 hrs	Danielle
Sat	9:00 – 10:30	Yoga	1.5 hrs	Laurie
	10:45 – 12:15	Begin Yoga	1.5 hrs	Daye/Danielle
	1pm >	Workshops		Yogasource.ca
Sun	10:00 – 11:30	Yoga	1.5 hrs	Theresa
	11:45 – 1:00	Yoga	1.25 hrs	Rachel
	4:30 – 5:45	Begin Yoga w/Swing Yoga - last Sunday of month, 1 hr	1.25 hrs	Laura
	6:00 – 7:00	Breathe, Meditate, Listen	1 hr	Danielle

* Denotes changes for January

Upcoming Events/Workshops: Connect to our website yogasource.ca, or visit our front desk staff

Our Therapists

Theresa Gagnon – Masseurse
Christina Foran – RMT, Reflexology, Indian Head Massage
Jennifer Stanisc – RMT, Biomat Massage
Tatiana Myakinina – RMT, Hot Stone Massage, Cupping
Tanya Mount – Registered Massage Therapist
Christine Moran – Registered Holistic Nutritionist & Homeopathic Practitioner
Dr. Natalia Sattarova – Osteopathy, Acupuncture

Class Practice and Suitability

Begin Yoga

Begin yoga practice will set the foundations to strengthen the core and give general knowledge of the various yoga positions combined with breath work and meditation fundamentals.

Advanced Yoga

Advanced yoga practice is designed with various stimulating warm up vinyasa followed by leading asanas to more challenging poses such as arm balances to intrigue the avid yogi to stay connected!

Meditation Yoga

Meditation Yoga you will learn through a seated or lying down meditation, while discovering the chakras. Chakras are the energy centers of the subtle body that influence all aspects of our lives. This class is a gentle practice, designed with restorative poses.

Breathe, Meditate, Listen

Breathe, Meditate, Listen during this practice you will learn a gentle asana, followed by meditation, with an auditory experience. The goal in this practice is to tune into a new frequency, to shift perception and engage in a rhythmic meditation through movement and stillness. Guest musicians will be announced the week prior.

Physio / Therapeutic Yoga

Physio Yoga taught by Jen B. – Certified Physiotherapist Physiotherapist receipts available for participants.

Therapeutic Yoga taught by Teri & Sandra– Registered Yoga Instructors

The Physio and Therapeutic yoga classes are for all levels integrating the benefits of a "therapeutic" approach to Hatha based Yoga, addressing posture, alignment, length and strength.

Restorative Yoga

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.

Yoga

Yoga is a class that will allow the student to continue learning the different styles of yoga as well as promote the deepening of your regular yoga practice. The instructor will show you how to adapt the poses to your individual anatomy and ability using yoga props.

Swing Yoga - Last Sunday of the month

A ridiculously fun workout! Practice yoga poses such as inversions & back bends with less strain. This class can be physically demanding. Be ready for deep stretches, unique core exercises, and of course, LIFT OFF!

Youth Yoga

Youth Yoga classes are for 11 to 17 year old youth. New or not to yoga, this is a co-ed class. Drop in fee only \$11/class, or purchase 5 classes or more \$10/class.

Classes for Kids

Kids Yoga children explore Yoga through postures, crafts, games and songs. **4-4:45pm ages 5 to 8 and 5-6pm ages 9 to 12**

Private Instruction

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

In Home or Office – Yoga Source also offers private, semi-private or small group offsite 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.

<p>SINGLE CLASSES</p> <p>Single Adult -\$15 Student/Senior (65+) - \$11</p>	<p>UNLIMITED Memberships</p> <p>Unlimited monthly - \$130 3 months unlimited - \$324 6 months unlimited - \$592 Annual - \$1025</p>
<p>CLASS SERIES*</p> <p>4 class series -\$56 8 class series -\$104 10 class series -\$130 20 class series -\$240 Student/Senior ≥5 classes -\$10ea</p>	<p>IN-HOUSE ONE-ON-ONE, or Semi-Private</p> <p>(2 < participants, pre-booked) 60 minute session - \$85.00 1 Hour GROUP SESSION 3 to 6 participants - \$100 Additional participant(s) - \$10 ea IN HOME or OFFICE SESSIONS AVAILABLE</p>

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