

## Drop-In Schedule January to March 2012

### Monday

10:00 a.m.	Yoga for 50-plus	Momoko	All Levels
12:00 p.m.	Hatha	Sue	All Levels
5:00 p.m.	Yin	Melissa	All Levels
6:30 p.m.	Hatha (Yang)	Sue	All Levels
8:00 p.m.	Yin	Danielle	All Levels

### Tuesday

6:30 a.m.	Ashtanga*	Sarah	Pre-Reg*
10:30 a.m.	Hatha	Charlotte	All Levels
12:00 p.m.	Vinyasa	Daniel	All Levels
5:00 p.m.	Hatha	Kyira	All Levels
6:30 p.m.	Vinyasa	Emily	All Levels
8:00 p.m.	Hatha	Sarah	Beginner

### Wednesday

7:30 - 8:30	Sunrise	Sidria	All Levels
10:30 a.m.	Vinyasa	Elizabeth	All Levels
12:00 p.m.	Hatha (Yang)	Sue	All Levels
1:30 p.m.	Yin	Sue	All Levels
3:00 p.m.	Baby & Me	Lou	All Ages
5:00 p.m.	Prenatal	Lou	All Trimesters
6:30 p.m.	Vinyasa	Cyndi	Beginner
8:00 p.m.	Sign Up Session	Andreia	See website

### Thursday

6:30 a.m.	Ashtanga*	Sarah	Pre-reg*
10:30 a.m.	Kundalini	Andreia	All Levels
12:00 p.m.	Yin	Danielle	All Levels
5:00 p.m.	Vinyasa	Emily	All Levels
6:30 p.m.	Dharma Talk	Kyira	By Donation
8:00 p.m.	Yin	Sue	All Levels

### Friday

7:30 - 8:30	Sunrise	Sidria	All Levels
10:30 a.m.	Vinyasa	Laura	All Levels
12:00 pm	Hatha (Yang)	Sue	Beginner
1:30 p.m.	Open Practice /	Thai Massage	See website
4:00 p.m.	Kids Yoga	Ages 7-12	Pre-Reg*
5:00 p.m.	Vinyasa	Danielle	All Levels
6:30 p.m.	Hatha	Melissa	All Levels
8:00 p.m.	Restorative	Sidria	Beginner

### Saturday

10:30 a.m.	Hatha	Elizabeth	All Levels
12:00 p.m.	Vinyasa	Sarah	All Levels
1:30 p.m.	Hatha	Charlotte	Beginner
3:00 p.m.	Kundalini	Andreia	All Levels

### Sunday

10:30 a.m.	Vinyasa	Emily	All Levels
12:00 p.m.	Hatha	Kevin/Dawn	By Donation
1:30 - 4:30	Workshops and	Events	*Pre-Reg
5:00 p.m.	Hatha	Kyira	All Levels
6:30 - 8:00	Meditation	DIY Dharma	By Donation

## We welcome you to drop in!

Classes run for approximately 1 hour and 20 minutes.

We are closed on all statutory holidays.

We are happy to serve you on a first come, first serve basis.  
For busy classes, please call ahead to reserve your spot.

Questions? Call us! 604-708-8369



We are an open and inclusive community  
of individuals happily sharing  
yoga, tea, and good company.

<b>First Class</b>	<b>\$ 10</b>
<b>Drop-in</b>	<b>\$ 15</b>
<b>Once-a-Week Pass</b> <i>Commit to practice at least once per week. 10 classes must be used in 10 weeks. Sorry, no extensions.</i>	<b>\$ 108</b>
<b>5 Drop-in Classes</b> ॐ	<b>70</b>
<b>10 Drop-in Classes</b> ॐ	<b>130</b>
<b>20 Drop-in Classes</b> ॐ	<b>240</b>
<b>50 Drop-in Classes</b> ॐ	<b>550</b>
<b>One Month Unlimited</b> <i>Anytime / Weekdays before 5 p.m.</i>	<b>130 / 69</b>
<b>3-Months Unlimited</b> <i>Anytime / Weekdays before 5 p.m.</i>	<b>360 / 199</b>
<b>6-Months Unlimited</b> <i>Anytime / Weekdays before 5 p.m.</i>	<b>660 / 360</b>
<b>Unlimited Annual Contract</b> ☺ <i>Anytime / Weekdays before 5 p.m.</i>	<b>999 / 550</b>
<b>Private or Group Yoga Instruction</b> <b>Studio / Teahouse Rental Rate</b>	<b>\$80/hr</b> <b>\$35/hr</b>

\*Monthly Payment Options available

## INTRODUCTORY OFFER!

**10 CLASSES FOR \$99**  
**(NEW STUDENTS ONLY)**

☺ **Annual Unlimited Special** ☺

**\$999 for the whole YEAR!**

**Pay upfront and in full to save 10%**

ॐ **PLEASE READ:**

*All passes are non-refundable and non-transferable.  
Drop-in classes expire 6 months from date of purchase.  
Extensions may be granted only with the purchase of a new  
pass, prior to pass expiration (excluding once-a-week pass).*

**Hatha:** A traditional form of yoga practice emphasizing body awareness, balance and breathing. Ha- (Sun) and -tha (Moon) is the foundation for all forms of yoga practiced today, and has thousands of different postures. These classes are suitable for all levels and abilities.

**Vinyasa:** An active movement practice incorporating sun salutations and ujjayi (victorious) breathing, linking continuous movement with breath. Evolving from the Ashtanga Vinyasa system of Pattabhi Jois, this class is a fusion between flowing with breath and longer holds (sometimes referred to as 'Power' yoga). **May include back bends and/or inversions.**

**Anusara-Inspired:** A powerful yoga system that unifies the philosophy of intrinsic goodness with detailed alignment principles. Explore the concepts of muscle energy, loops and spirals, and body and alignment kinetics, while enjoying the philosophy of heart-centric practice. **May include back bends and/or inversions.**

**Ashtanga Vinyasa:** This challenging and paced power yoga class is based on the traditional method of Sri K. Pattabhi Jois of Mysore India. This deep flow uses sun salutations to detoxify and heat the body, working through the 72 postures of the Primary Series, taught with modifications. **May include back bends and/or inversions.**

**Yin:** A deep and mindful practice where postures are held up to 5 minutes, working into the connective tissues, joints and subtle energy channels (yin) as opposed to muscle tissues (yang). This practice complements a more active style and is not recommended following childbirth.

**Yang/Yin:** A blended class of heat building poses followed by a cooling yin/stillness practice.

**Restorative:** These classes focus on relaxing the body and clearing the mind through supporting the body in gentle release. Each class offers an opportunity for reflection, silence and meditation.

**Dharma Talk and Meditation:** These meditation and Philosophy classes offer instruction on the practice of insight meditation as well as discussion of Buddhist teachings from the Theravada (Thai) perspective. **By Donation.**

**Yoga for 50-plus:** A gentle practice aimed at improving joint mobility, muscle flexibility and balance while encouraging deep breathing and relaxation. All levels.

**Kundalini:** The 'yoga of awareness' as taught by Yogi Bhajan. Posture sets and active breath work concentrate on the chakras in the body to awaken the potential energy at the base of your spine (described as a coiled serpent or the Kundalini energy).

**Prenatal Yoga:** Yoga to connect mom with baby celebrating a safe, healthy pregnancy and baby! Practice postures that are specifically designed to strengthen and prepare the body for pregnancy and child birth. **This gentle class is suitable for all trimesters and experience levels.**

**Baby & Me:** An ideal way to re-balance and rejuvenate your energy while enjoying time with your baby. Please bring a blanket with you for your baby. **All ages welcome!**

**Yoga for Kids 7-12:** A fun and physical class of yoga poses, breathing, and relaxation. Practice ways to safely stretch and tone the body and learn fun poses to practice at home. **Pre-registration required.**

**Thai Yoga Massage:** A facilitated yoga practice to open and clear meridian pathways, performed by a fully trained Thai Massage Practitioner. Refresh and rejuvenate the body with this ancient technique. Fridays 1:30 to 4:00 p.m. Bookings preferred: **\$1 per minute.**

**Queer Friendly:** A Hatha class for our Gay, Lesbian, and Transgendered Yogi's and their many friends. (TBA)

**Weekly Karma Class: Enjoy a free class on us!** Please bring a non-perishable donation for the Vancouver Food Bank and meet the newest member of our teaching community. **Donations Welcome.**



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