

Winter Class Schedule

Drop-In Ongoing Schedule effective January 5, 2009

All classes are Drop-In
(pre-registration is NOT required for the following classes:)

Monday	Class	Level	Instructor
9:15 am - 10:30 am	Yoga	1-2	Carrie
6:35 pm - 7:35 pm	Pilates	1	Suzan
7:45 p.m. - 9:00 p.m.	Yoga	1	Cindy

Tuesday	Class	Level	Instructor
12:30 pm - 1:40 pm	YogaFusion	1-2	Michelle
6:35 pm - 7:50 pm	CoreYogaFusion	1-2	Michelle
8:00 pm - 9:15 pm	Yoga	1-2	Laurie
8:00 pm - 9:20 pm	Prenatal Yoga	1	Michelle

Wednesday	Class	Level	Instructor
6:15 am - 7:25 am	Yoga	1-2	Miriana
9:15 am - 10:30 am	Gentle Yoga	1	Sue B.
6:35 pm - 7:50 pm	Vinyasa Flow (Power) Yoga	1-2	Michelle
8:00 pm - 9:15 pm	Yoga Technique	1-2	Michelle

Thursday	Class	Level	Instructor
12:30 pm - 1:40 pm	Vinyasa Flow (Power) Yoga	1-2	Tere
6:35 pm - 7:50 pm	Vinyasa Flow (Power) Yoga	1-2	Sandra
6:35 pm - 7:55 pm	Prenatal Yoga	1	Michelle
8:00 pm - 9:15 pm	Yin/Restorative Yoga	1	Suzan

Friday	Class	Level	Instructor
9:15 am - 10:30 am	YogaFusion or Yoga	1-2	Michelle
10:45 am - 12:00 pm	Mom & Baby YogaFusion	1	Michelle

Saturday	Class	Level	Instructor
9:00 am - 10:00 am	Pilates	1-2	Jinder
10:15 am - 11:30 am	Yoga	1-2	Michelle
12:00 pm - 1:00 pm	Community (donation) Class*	1	Trainee

* Community Class starts Saturday January 24

Sunday	Class	Level	Instructor
9:30 am - 10:45 am	Yoga	1-2	Cindy
11:00 am - 12:00 pm	"Hard Core" Pilates	1-2	Jinder

Studio opens about 10-15 minutes prior to Class time and Reception/Boutique is open during hours listed. Mats & props are available for your use.

Please contact us for private session appointments & info on Teacher Training.

Please check our website regularly for class cancellations, workshops and holiday schedules. During times of inclement weather, please call prior to class time to check for an updated phone message. Thank you!

www.5elementsyoga.com

Class Descriptions

Yoga enjoy this eclectic hatha yoga class based on solid alignment principles presented in a more gentle vinyasa flow style, which incorporates smooth and fluid transitions, combined with pranayama (conscious breathing) for a strengthened yet relaxed state of being.

Pilates this class incorporates both classical and contemporary Pilates techniques. Deeply engages the mind/body connection and activates the "core" of the body with the breath. Very popular due to its rehabilitative benefits and ability to strengthen & tone the abs & back like nothing else!

YogaFusion a spirited Yoga-based class blended with elements of Pilates, Tai Chi and Dance. The class is taught in a vinyasa flow style which makes it a fluid, integrative experience. Tremendously popular, especially for those who enjoy both yoga and Pilates!

CoreYogaFusion a yoga-based class which focuses on all the best yoga and Pilates has to offer to ignite the core. Experience the difference it will make to your yoga practice and your body/mind!

Gentle Yoga a gentler, supportive yoga that facilitates balance while opening & softening into the postures. Props are used, while time and care is taken to really maximize the therapeutic benefit of each posture.

Yoga Technique this class focuses more deeply on alignment (Iyengar inspired, including use of props) and technique to increase your confidence in your yoga practice. A deeper understanding of techniques will benefit you in all styles of yoga practice. Excellent for beginners as well as those with more experience.

Yin Yoga deeply relaxing, therapeutic and cooling. Facilitates supple muscles with specific postures that are held for longer periods to access our lunar, receptive side. Restores balance & calm... very delicious!

Vinyasa Flow (Power) Yoga an energizing yet balancing fluid class with progressive sequences of linking yoga postures (asanas) synchronized with the breath. Cultivates a strong core and maximum calorie burn...infused with inspiring music! This class represents a conscious evolution of Ashtanga Yoga and is one of our signature classes.

"Hard Core" Pilates This is a very challenging but deep Pilates class that works you from head to toe, utilizing all the core principles of New York style Pilates with the exercises based on the Reformer machine...but on the mat! This series is fun and it includes a "killer" Pilates ballet leg series that WILL transform your body...fast!! Many dancers swear by this series as it takes a lot of concentration and depth to do.

Prenatal Yoga a gentle class focusing on prevention of pregnancy discomfort, preparation for labour/birth and facilitation of reconditioning after birth. Therapeutic poses, integrated with ancient yogic breathing exercises (pranayama), offer a balance of strength and relaxation essential for birth...and for life.

Mom & Baby YogaFusion specialized YogaFusion (blend of Yoga & Pilates) for new Moms with their babies. Focus is on postpartum reconditioning, gentle Yoga for Baby and a much-needed break from routine with other new Moms. (for babies up to crawling age)

Yoga for Kids all the wonders & benefits of yoga...for kids. A creative way to develop strength and flexibility. Channels energy in the most positive way!

Laughter Yoga a playful, fun, non-judgmental approach to stress management combining moments of laughter with basic, gentle yoga. (by donation/cash only)

Reception/Boutique Hours:
Monday-Thursday: 6:15 p.m. - 8:15 p.m.
Saturday: 10 a.m. - 12 p.m.

Class Fees

Single Class/Drop-In Rate:	\$ 17
5 Class Pass:	\$ 70
10 Class Pass:	\$125
20 Class Pass:	\$215
Unlimited Classes for a Month:	\$ 95

Class passes expire within 6 months of purchase and are non-transferable & non-refundable. Please add GST. We offer a 10% discount for retired seniors & students (on class passes).

1st Time Special: You can enjoy your very first week with unlimited classes for only \$20!



5 ELEMENTS YOGA & PILATES

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