

Summer Class Schedule

Drop-In Ongoing Schedule effective July 5, 2010

(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 - 7:50 pm	Vinyasa Flow (Power) Yoga	1-2	Tere
8:00 p.m. - 9:15 p.m.	Yoga	1	Carrie

Tuesday	Class	Level	Instructor
12:30 pm - 1:40 pm	YogaFusion	1-2	Mchelle
6:35 pm - 7:50 pm	HOT Vinyasa Flow(Power) Yoga	1-2	Mchelle
6:45 pm - 7:45 pm	Pilates	1	Ondyena
8:00 pm - 9:15 pm	HOT Yoga	1-2	Laurie
8:00 pm - 9:20 pm	Prenatal Yoga	1	Mchelle

Wednesday	Class	Level	Instructor
9:15 am - 10:30 am	Kundalini Yoga & Pranayama	1	Sue B.
5:00 pm - 6:15 pm	HOT Yoga	1-2	Carrie
6:35 pm - 7:50 pm	HOT Vinyasa Flow(Power) Yoga	1-2	Mchelle
8:00 pm - 9:15 pm	Yoga	1	Miriana

Thursday	Class	Level	Instructor
6:35 pm - 7:50 pm	HOT Vinyasa Flow(Power) Yoga	1-2	Tere
6:35 pm - 7:55 pm	Prenatal Yoga	1	Miriana
8:00 pm - 9:15 pm	HOT Yin Yoga	1	Miriana/Tere
8:00 pm - 9:00 pm	Pilates	1-2	Mchele M.

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

Saturday	Class	Level	Instructor
9:00 am - 10:15 am	HOT Yoga	1	Mchele M.
9:15 am - 10:15 am	Pilates	1-2	Alice
10:30 am - 11:45 am	HOT Vinyasa Flow(Power) Yoga	1-2	Mchelle

Sunday	Class	Level	Instructor
9:30 am - 10:45 am	Yoga	1-2	Sherry
11:00 am - 12:00 pm	Pilates	1-2	Sandra A.

Please check our website to view our Pre-Registered Class Schedule

Studio opens about 10-15 minutes prior to Class time and Reception/Boutique is open during hours listed. We encourage you to bring your own mat, however, mats (new yoga mats) are available for \$1 rental.

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

Please check our website regularly for class cancellations, workshops and holiday schedules. Class schedule subject to change...please check our website for updates. Thank you!

www.5elementsyoga.com

Class Descriptions

Yoga enjoy this hatha yoga class based on solid alignment principles incorporating a balanced approach some vinyasa flow style(smooth and fluid transitions), combined with pranayama (conscious breathing) for a strengthened yet relaxed state of being. NEW! Now some of our Yoga classes are also offered HOT (in a heated room...bring a towel).

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. NEW!...Now most Vinyasa Flow/Power Yoga classes are offered HOT (in a heated room...bring a towel).

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. Especially for those who enjoy both Yoga and Pilates!

Kundalini Yoga/Pranayama Awaken your inner spirit, unlock your energy reserve and strengthen your outer body. Develop greater awareness as you incorporate pranayama (breath work), bandhas (locks), physical postures and meditation into your practice. Suitable for the beginner and experienced practitioner.

Yin Yoga deeply relaxing and therapeutic. Facilitates supple muscles with specific passive postures that are held for longer periods to access our lunar, receptive side. This class is for anyone who wishes to stretch in a very deep way...restores balance & calm! NEW!...Now offered HOT (in a heated room) to augment a deeper stretch.

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)

Reception/Boutique Hours:
 Monday-Thursday: 6:15 p.m. - 8:15 p.m.
 Saturday: 9 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 9 months of purchase and are non-transferable & non-refundable. Please add HST. We offer a 10% discount for retired seniors & students (on 5, 10 & 20 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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