

# Early Spring 2010



			<b>Teachers*</b>	<b>Mar 8—May 2</b>
<b>Monday</b>	9:30 - 11:00 am	<b>Intermediate</b>	Michele Barnes	8 weeks \$91.43
	5:30 - 7:00 pm	<b>Beginner</b>	Dino Bozzo	8 weeks \$91.43
	6:00 - 7:30 pm	<b>Yoga For Runners and Athletes</b>	Michele Barnes	8 weeks \$91.43
	7:30 - 9:00 pm	<b>Intermediate</b>	Tamika Schilbe	8 weeks \$91.43
<b>Tuesday</b>	9:30 - 11:00 am	<b>Beginner</b>	Susan Genest	8 weeks \$91.43
	1:30 - 3:00 pm	<b>Beginner</b>	Stephanie Smith	8 weeks \$91.43
	5:30 - 7:00 pm	<b>Intermediate</b>	Michel Côté	8 weeks \$91.43
	6:00 - 7:30 pm	<b>Beginner</b>	Lotus Why	8 weeks \$91.43
	7:30 - 9:00 pm	<b>Begin/Intermediate</b>	Alida Kraven	8 weeks \$91.43
<b>Wednesday</b>	9:30 - 11:00 am	<b>Anusara-inspired Yoga</b>	Valerie Hobson	8 weeks \$91.43
	10:00 - 11:30 am	<b>Gentle Yoga</b>	Nancy Bush	8 weeks \$91.43
	12:00 - 1:00 am	<b>Pilates</b>	<b>TBD</b>	8 weeks \$76.19
	5:30 - 7:00 pm	<b>Flow Yoga</b>	Shelagh Orr	8 weeks \$91.43
	6:00 - 7:30 pm	<b>Yoga for Men</b> <b>NEW</b>	Rick Beneteau	8 weeks \$91.43
	7:30 - 9:00 pm	<b>Beginner</b>	Jocelyn Blakemore	8 weeks \$91.43
<b>Thursday</b>	9:30 - 10:30 am	<b>Tai Chi</b>	Joan Clayton	8 weeks \$76.19
	11:00 - 12:00 pm	<b>Post-natal Yoga</b>	Michele Barnes	8 weeks \$76.19
	1:30 - 3:00 pm	<b>Beginner</b>	Michele Barnes	8 weeks \$91.43
	5:30 - 7:00 pm	<b>Power Yoga</b>	Michel Côté	8 weeks \$91.43
	6:00 - 7:30 pm	<b>Prenatal Yoga</b>	Jocelyn Blackemore	8 weeks \$91.43
	7:30 - 9:00 pm	<b>Beginner</b>	Alida Kraven	8 weeks \$91.43
<b>Friday</b>	9:30 - 11:00 am	<b>Intermediate/Advance*</b>	Michele Barnes	7 weeks \$80.00
	10:00 - 11:30 am	<b>Community Yoga*</b> <b>NEW</b>	Various Teachers	\$4.76 per class
	12:15 - 1:00 pm	<b>Restorative Yoga*</b>	Laura O'Connor	7 weeks \$66.67
	5:30 - 6:30 pm	<b>Nia*</b>	Susan Meehan	7 weeks \$66.67
<i>*no classes Friday, April 2nd, 2010</i>				
<b>Saturday</b>	9:00 - 10:30 am	<b>Begin/Intermediate</b>	Michel Côté	8 weeks \$91.43
	11:00 - 12:30 pm	<b>Beginner</b>	Mary McCullough	8 weeks \$91.43
<b>Sunday</b>	7:00 - 8:00 pm	<b>Community Yoga**</b>	Various Teachers	\$4.76 per class
<i>**no class on Sunday, April 4th and no classes on last Sunday of each month</i>				

\*teachers may be substituted as necessary

**Satsang:** On the final Sunday of each month we gather as a community for an evening of chanting, meditation, and refreshments. We often have a special guest to share a talent or interest with us. There is *no cost to attend*, and all are welcome.

**Early Spring Dates:** March 28th and April 25th

**Time:** 7:00 pm—8pm (*Doors are locked at 7:15pm*)

Open: **Monday - Thursday 9:00 am - 9:00 pm**  
**Friday 9:00 am - 7:00 pm**  
**Saturday 8:30 am - 1:00 pm**  
**Sunday 7:00 pm - 8:00 pm**  
*and for workshops and special events as scheduled*

Closed: **Good Friday, April 2nd and Sunday, April 4th, 2010**

**Late Spring session begins May 3rd, 2010**

## Class Fees\*

### Session Registration:

Reserve a spot in a class for an entire session at \$12/class for 90 min. classes or \$10/class for classes less than 60 mins.

Students may register in a class after the start of a session, if space permits. The fee will be prorated only if 6 or more weeks are remaining in the session.

### Passes:

Any 5 classes (valid for up to 6 months)	\$ 71.43
Any 10 classes (valid for up to 6 months)	\$ 123.81
Unlimited classes for 1 week	\$ 42.86
Unlimited classes for 1 month	\$ 133.33
Unlimited classes for 3 months	\$ 333.33
Unlimited classes for 6 months	\$ 571.43
Unlimited classes for 1 year	\$1005.71

### Single Classes:

Introductory rate (first class)	\$ 9.52
Drop-in	\$ 15.24
Short classes (less than 1½ hrs.)	\$ 13.33
Students (with student card) & Seniors	\$ 2 off
Extra class (if registered in another class)	\$ 13.33
Short classes (less than 90 mins)	\$ 11.43
Rate for those in need of financial assistance	\$ 7.62

### Discounts (Session Registration only):

Seniors (60 +)	10%
Students with student card	10%
2 or more classes per week on second class	20%

### Make-up Policy

A missed class may be made up anytime in the same session. Missed classes are not transferable to another person except on a make-up class pass, available at the front desk. Conditions apply – please ask. Missed classes cannot be carried over to the next session.

Your class fees provide the support that enables us to have a home for the programs and special events we offer, and to provide a welcoming space for all. As such we do not offer refunds.

**\*GST will be added to all class fees.**

## CLASS DESCRIPTION

**Beginner:** explore how the 3 elements of hatha yoga – breath, postures and meditation – are connected

**Beginner/Intermediate:** explore more deeply the poses & breathing practices you know and learn some new ones

**Intermediate:** build on your foundation in hatha yoga and work more deeply with postures and breath

**Intermediate/Advanced:** move more deeply into your existing practice to explore your 'edge'

**Yoga for Runners and Athletes:** yoga poses/breathing techniques to maintain flexibility and prevent/heal common running and sports injuries

**Power Yoga:** a vigorous style of yoga that uses posture flows to build strength, flexibility, and endurance

**Gentle Yoga:** a therapeutic class well suited to individuals with limited mobility or healing from an injury

**Restorative Yoga:** focus on support and release using bolsters, blankets, straps and your body's wisdom

**Pilates Core Fundamentals:** build on the basics of alignment and posture, awaken the deep core muscles supporting the spine, pelvis, hips and shoulders and encourage the body and breath to move with ease and efficiency

**Prenatal:** be nourished and empowered as you prepare for the birth of your child, with postures and breathing techniques adapted for all stages of pregnancy

**Postnatal:** Moms and babies explore the practice of yoga together. Focus on recreating strength, stability and flexibility in your body after the birth of your baby (3 weeks old to crawling).

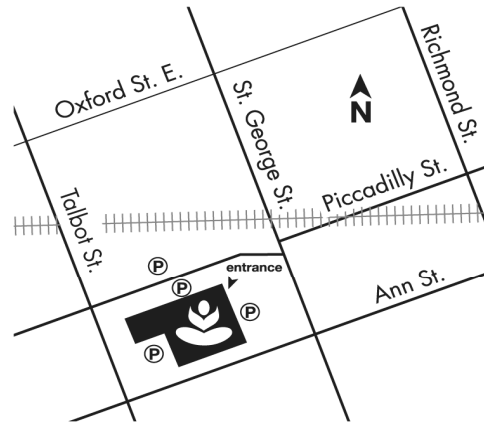
**Flow Yoga:** Unite breath and movement in this dynamic practice with flowing transitions from posture to posture. Suitable for all levels.

**Tai Chi:** a series of slow meditative movements designed to promote inner peace while reducing stress, increasing strength and improving balance

**Nia®:** a body-mind-spirit fitness practice using expressive movement to music that empowers people to achieve physical, mental, emotional and spiritual well-being

**Anusara-inspired Yoga:** integrate the celebration of the heart, universal principles of alignment and balanced energetic action in the performance of asana.

**Yoga for Men:** Enjoy learning the practice of yoga in community with other like-minded men. Cultivate long and strong muscles, improve your breathing and still the mind.



Enter from Piccadilly St., east of Talbot St.

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E A R L Y S P R I N G

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Yoga

Tai Chi

Nia

For Yoga & Health