

			Teachers	Fall Sep 8 to Nov 1	Late Fall Nov 2 to Dec 24
<b>Monday</b>	9:30 - 11:00 am	<b>Intermediate</b>	Michele Barnes	6 weeks \$72	8 weeks \$96
	5:30 - 7:00 pm	<b>Beginner</b>	Michele Barnes	6 weeks \$72	8 weeks \$96
	6:00 - 7:30 pm	<b>Yoga For Runners</b>	Michel Côté	6 weeks \$72	8 weeks \$96
	7:30 - 9:00 pm	<b>Intermediate</b>	Tamika Schilbe	6 weeks \$72	8 weeks \$96
(no classes on Oct 12)					
<b>Tuesday</b>	9:30 - 11:00 am	<b>Beginner</b>	Susan Genest	8 weeks \$96	8 weeks \$96
	10:00 - 11:30 am	<b>Gentle Yoga (New)</b>	Nancy Bush	8 weeks \$96	8 weeks \$96
	1:30 - 3:00 pm	<b>Beginner</b>	Stephanie Smith	8 weeks \$96	8 weeks \$96
	5:30 - 7:00 pm	<b>Intermediate</b>	Jennifer Wasylenko	8 weeks \$96	8 weeks \$96
	6:00 - 7:30 pm	<b>Beginner</b>	Lotus Why	8 weeks \$96	8 weeks \$96
	7:30 - 9:00 pm	<b>Begin/Intermediate</b>	Alida Kraven	8 weeks \$96	8 weeks \$96
<b>Wednesday</b>	7:00 - 8:00 am	<b>Beg/Inter (New)</b>	Lynn Prentice	8 weeks \$80	8 weeks \$80
	9:30 - 11:00 am	<b>Intermediate</b>	Michele Barnes	8 weeks \$96	8 weeks \$96
	10:00 - 11:30 am	<b>Gentle Yoga</b>	Nancy Bush	8 weeks \$96	8 weeks \$96
	12:00 - 1:00 am	<b>Pilates (New)</b>	Sally Morgan	8 weeks \$80	8 weeks \$80
	5:30 - 7:00 pm	<b>Begin/Intermediate</b>	Shelagh Orr	8 weeks \$96	8 weeks \$96
	6:00 - 7:30 pm	<b>Introduction to Yoga</b>	Mary McCullough	8 weeks \$96	8 weeks \$96
	7:30 - 9:00 pm	<b>Beginner</b>	Celina Marlatt	8 weeks \$96	8 weeks \$96
	(*no class Dec 24)				
<b>Thursday</b>	9:30 - 10:30 am	<b>Tai Chi</b>	Joan Clayton	8 weeks \$80	8 weeks \$80
	1:30 - 3:00 pm	<b>Beginner</b>	Michele Barnes	8 weeks \$96	7 weeks \$84*
	5:30 - 7:00 pm	<b>Power Yoga</b>	Jennifer Wasylenko	8 weeks \$96	7 weeks \$84*
	6:00 - 7:30 pm	<b>Prenatal Yoga</b>	Candace Brunette	8 weeks \$96	7 weeks \$84*
	7:30 - 9:00 pm	<b>Beginner</b>	Alida Kraven	8 weeks \$96	7 weeks \$84*
(*no class Dec 24)					
<b>Friday</b>	9:30 - 11:00 am	<b>Intermediate/Advance</b>	Mary Jane Fardella	7 weeks \$84	7 weeks \$84
	10:00 - 11:30 am	<b>Beginner</b>	Laura O'Connor	7 weeks \$84	7 weeks \$84
	12:15 - 1:00 pm	<b>Restorative Yoga</b>	Mary Jane Fardella	7 weeks \$70	7 weeks \$70
	5:30 - 6:30 pm	<b>Nia</b>	Susan Meehan	7 weeks \$70	7 weeks \$70
(no classes on Oct 23)					
<b>Saturday</b>	9:00 - 10:30 am	<b>Begin/Intermediate</b>	Michel Côté	7 weeks \$84	7 weeks \$84
	11:00 - 12:30 pm	<b>Beginner</b>	Mary McCullough	7 weeks \$84	7 weeks \$84
(no classes on Oct 24)					
<b>Sunday</b>	7:00 - 8:00 pm	<b>Community Yoga</b>	Various Teachers	\$5 per class	\$5 per class
(no class on last Sunday of each month)					

· see our workshop schedule for meditation classes

· teachers may be substituted as necessary

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

**Dates:** Sep 27<sup>th</sup>, Oct 25<sup>th</sup>, Nov 29<sup>th</sup>

No Satsang in December

We begin promptly at 7:00 pm and end at 8pm - please arrive early

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 Thanksgiving Day (Oct 12<sup>th</sup>), Christmas Week (Dec 24<sup>th</sup> at noon thru Jan 3<sup>rd</sup>)

**Winter session begins Jan 4, 2010**

**Discounts, Passes & Single Class Fees**

**Discounts (Session Registration only):**

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

**Passes:**

Any 5 classes (valid for up to 6 months)	\$ 75
Any 10 classes (valid for up to 6 months)	\$ 130
Unlimited classes for 1 week	\$ 45
Unlimited classes for 1 month	\$ 140
Unlimited classes for 3 months	\$ 350
Unlimited classes for 6 months	\$ 600
Unlimited classes for 1 year	\$1056

**Single Classes:**

Introductory rate (first class)	\$ 10
Drop-in	\$ 16
Short classes (less than 1½ hrs.)	\$ 14
Students (with student card) & Seniors	\$ 2 off
Extra class (registered in another class)	\$ 14
Short classes (less than 1½ hrs.)	\$ 12
Rate for those in need of financial assistance	\$ 8

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

**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.

Phone registrations may be made with Visa & MasterCard. GST is included in all class fees.

## CLASS DESCRIPTION

**Beginner:** students will 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:** students will build on their foundation in hatha yoga and work more deeply with postures and breath

**Intermediate/Advanced:** move more deeply into your existing practice and spend more time in fewer poses in order to explore your 'edge'

**Yoga for Runners:** yoga poses/breathing techniques to maintain flexibility and prevent/heal common running 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:** This gentle class builds on the basics of alignment and posture and awakens the deep core muscles supporting the spine, pelvis, hips and shoulders while encouraging the body and breath to move with ease and efficiency

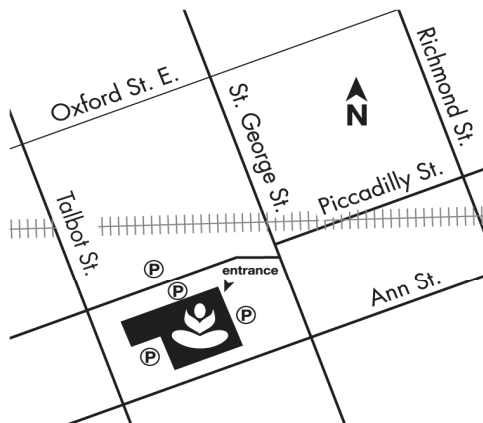
**Prenatal:** be nourished and empowered as you prepare for the birth of your child, with postures adapted for all stages of pregnancy – special attention is given to the role of breath in both yoga and labour

**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



F A L L / 0 9



Enter from Piccadilly St., east of Talbot St.



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Yoga

Tai Chi

Nia

For Yoga & Health