

## CLASS SCHEDULE

### Monday

5:30 - 9:00 am	Morning Mysore
9:30 - 11:00am	Yang / Yin
12:10 - 1:00 pm	Strength & Soul
4:30 - 5:50 pm	Ashtanga Level 1-2
6:00 - 7:15 pm	Prenatal (Registered)
7:30 - 9:00 pm	Beginner Ashtanga

### Tuesday

5:30 - 9:00 am	Morning Mysore
9:30 - 10:45 am	Ashtanga Level 1-2
12:10 - 1:00 pm	Ashtanga All Levels
4:30 - 5:50 pm	Strength & Soul
6:00 - 7:20 pm	Strength & Soul
7:30 - 9:00 pm	Ashtanga Level 1-2

### Wednesday

5:30 - 9:00 am	Morning Mysore
9:30 - 10:45 am	Gentle Yoga
12:10 - 1:00 pm	Power Hour Level 1-2
4:30 - 5:50 pm	Yin Yoga
6:00 - 7:20 pm	Ashtanga Level 1-2
7:30 - 8:45 pm	Beginner Ashtanga

### Thursday

5:30 - 9:00 am	Morning Mysore
9:30 - 11:00 am	Restorative
12:10 - 1:00 pm	Ashtanga
5:00 - 5:50 pm	Power Hour Level 1-2
6:00 - 7:20 pm	Intro to Ashtanga (Registered)
7:30 - 9:00 pm	Ashtanga Foundations

### Friday

5:30 - 9:00 am	Morning Mysore
9:30 - 11:00 am	Strength & Soul
12:10 - 1:00 pm	Ashtanga All Levels
5:00 - 6:25 pm	Yoga Jam
6:45 - 8:00 pm	Restorative

### Saturday

9:00 - 10:30 am	Warm Yoga Flow
11:00 - 12:30 pm	Ashtanga Level 1-2
1:00 - 2:15 pm	Beginner Ashtanga (Community Class)
4:00 - 5:30 pm	Yang / Yin

### Sunday

9:00 - 10:30 am	Primary Series Level 2
11:00 - 12:30 pm	Beginner Ashtanga
4:00 - 5:30 pm	Ashtanga Level 1-2
6:00 - 7:15 pm	Prenatal (Registered)
7:30 - 8:15 pm	Meditation (by donation)

## CLASS DESCRIPTIONS

### ASHTANGA

#### Morning Mysore – (All levels)

One need not have any prior knowledge of the postures or the sequence to join this program. The teacher(s) will assist each student as necessary, and will work individually with the students, as they move at their own pace through a set series of postures. Call for info.

#### Beginner Ashtanga – (Beginners)

An introduction to the beauty that is Ashtanga yoga! Students will gradually work their way through the foundational postures of the Primary Series.

#### Ashtanga – Level 1-2 (*Min 6 Beginner classes prior*)

The fundamental asanas (postures) of the Ashtanga Yoga practice will be taught in these traditionally led classes.

#### Ashtanga Foundations – Level 1-2

Each class will contain a variety of core strengthening exercises, hip and shoulder openers. We will play with arm balances and some of the second series postures to open the front and back of the body.

#### Primary Series – Level 2 (*Min 6 Level 1-2 classes prior*)

The entire first series of Ashtanga Yoga will be taught.

## OTHER CLASSES

#### Gentle Yoga – (All levels)

Class may include some meditation, breathing exercises, sun salutations, and...yoga postures! A great class to introduce beginners to yoga.

#### Strength and Soul – (All levels)

Kim leads you through a challenging series of postures linked by modified sun salutations emphasizing strengthening postures, hip openers, balancing poses, core work, and spinal integrity.

#### Yin Yoga – (All levels)

A restorative class involving seated postures, long holds and breathing exercises. Come to relax, open, breathe. Great for those with back pain or injuries.

#### Yoga Jam – (Level 1-2)

A Friday night treat. Sara will flow you through a challenging vinyasa practice with great music and lots of laughter.

#### Warm Yoga Flow – (Level 1-2)

Challenging vinyasa yoga connecting breath to movement in a warmer room for additional detoxification of the body. Please arrive properly hydrated!

#### Yang / Yin – (Level 1-2)

The first half will be a vinyasa style of yoga with a core strength component; the second half we will come to the floor to restore with the use of bolsters and blocks to create stillness.

#### Restorative – (All levels)

Relax deeply and unwind your body in this slow, therapeutic class great for beginners or those with injuries.

#### Power Hour – (Level 1-2)

A vinyasa flow class with music focusing on leg strengthening, hip opening and a bit of arm balancing... just to keep the ego in check!

## PRICING

One week unlim (1st time members)	\$25
Drop In	\$17
Student Drop In	\$12
Lunch Drop In	\$13
Lunch Drop In Student	\$10
5 pass card (1 year expiry)	\$75 +gst
10 pass card (1 year expiry)	\$130 +gst
Lunch 10 pass card (1 year expiry)	\$110 +gst
20 pass card (1 year expiry)	\$240 +gst
1 month unlimited	\$130 +gst
3 month unlimited	\$305 +gst
6 month unlimited	\$550 +gst
1 year unlimited	\$990 +gst
Student 1 month unlimited	\$110 +gst
Student 3 month unlimited	\$230 +gst
Student 1 year unlimited	\$800 +gst
<b>Mysore Program (add to any unlim)</b>	<b>\$20</b>

## Registered Classes

### Prenatal Yoga

Sunday's @ 6:00pm or

Monday's @ 6:00pm

\$126.00 + gst for 7 classes (must register)

### Introduction to Ashtanga Yoga

Starts the 1st Thursday of each month!

Thursday's 6:00 - 7:20pm

\$79 + gst for 4 classes (must register)

### Please note:

- **No refunds or extensions on passes**
- **Memberships are non-transferable**
- **Students prices require student ID (full time)**

## MOON DAYS

Please note that we **do not have morning mysore** classes on **full and new moon** days. See our bulletin board or website for a listing of dates.

## TEACHERS

Dana Blonde

Sara Byers

Alexis Carver-Bowey

Patrick Copping

Gord Desautels

Audra Duran

Abbie Gardiner

Kimberley Girard

Carolina Gutierrez Herrera

Emily Kotow

Kim Wiebe

Colin Zak

Check website for a biography on each teacher.

## A few Things to Mention:

- No Mysore on Moon Days.
- Schedule may change without notice.
- All classes except prenatal and postnatal are drop in, and will be filled on a first come-first served basis.
- Please arrive 10-15 mins before class.
- Turn off cell phones and take off shoes.
- Please speak quietly in order to maintain a peaceful atmosphere.
- Enjoy, and be kind to yourself.

# THE YOGA SHALA

## Sept-Dec 2010

Drop in Classes 7 Days a Week

## SPECIALS

New Members

**3 Months – \$179** +gst

Renewing Members (3 months or more)

**3 FREE sauna passes**

See website or front desk for more details.

[www.yogashalacalgary.com](http://www.yogashalacalgary.com)

**403.210.3000**

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