

Description of Classes

Hatha Gentle

For beginners or those who want a gentler yoga class. Work with movement, breath and relaxation in a gentle, therapeutic way.

Hatha Healthy Backs

For students with current or previous back issues who wish to learn postures to alleviate pain, increase flexibility, core and strength.

Hatha Yin

Hatha postures are held for several minutes to relax the muscles and gently stretch the connective tissues that form your joints.

Pilates

With breath awareness build core, strength & stamina (props used).

Pilates/Relax

Build core, strength & stamina with an emphasis on breath & body awareness with the use of props & an added relaxation component.

Pilates/Yoga Fusion

Combined class of mat pilates & yoga (build core strength, improve balance, increase flexibility and rejuvenate your body/mind).

Prenatal Yoga

A beginning class for pregnant women, who want to increase body and breath awareness, in preparation for childbirth.

Postnatal Yoga

Restore body back to its' original strength & tone. Babies welcome.

Preschool Yoga

A fun and playful yoga class for 3-5 year olds with an educational focus on reading and music.

ChiBall Yoga

ChiBalls are soft, aromatic (scented) rubber balls used to encourage better body awareness, focus & concentration.

Stressbuster Yoga

Relaxation; rid your body of stress. Create deep stillness with an emphasis on breath & supported relaxed postures.

Candlelight Yoga

Wind down with yoga by candlelight with both energizing and relaxing asanas. Meditation and yoga nidra included.

Partner Yoga

Attend as partners to support one another. Balance and coordination are required, along with a sense of humour.

Yoga Nidra

Supported asana, breath work and a 45 minute Yoga Nidra, known as "sleep with awareness". Enjoy a relaxed and meditative state.

Sun & Moon Salute

Class comprised of devotional movements to the sun and moon. Rejuvenating and energizing for your body, mind and spirit.

Sign-Up Specialty Classes ~ \$14.25

Fridays ~ 7:30 - 9:00 p.m.

Type of Class	Date
Meditation & Relaxation	April 9 th
Stressbuster Yoga	April 16 th & June 4 th
Candlelight Yoga	April 23 rd & July 2 nd
Yoga Nidra	May 7 th
Sun & Moon Salute	May 14 th
Chakra Yoga & Meditation	April 30 th , May 28 th & June 25 th

Please sign-up at the studio or email to have your name added to the Class List.

Family Yoga ~ \$10.25

Sundays ~ 11:00 a.m. - 12:00 p.m.
April 11th, May 2nd & June 6th

Please sign-up at the studio or email to have your name added to the Class List.

Class Fees

Session	45 Min.	1 Hr.	1 ¼ Hr.	1 ½ Hr.
8 Week			\$ 98.00	\$114.00
9 Week		\$92.25		
12 Week		\$123.00	\$147.00	\$171.00
13 Week	\$97.50		\$159.25	
Drop-In	\$ 10.00	\$ 12.25	\$ 14.50	\$ 16.75

All prices include gst. Registration is required of all classes. Schedule is subject to change due to enrollment. Drop-in students allowed if space permits. Phone or email studio to confirm availability for all classes.



HARMONY YOGA/PILATES STUDIO



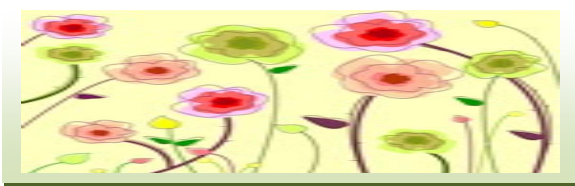
SPRING 2010 BROCHURE

... *Stillness...*
Life in Harmony
... *with the Self...*

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Harmony Yoga Pilates Studio

Spring Session 2010



Practice of yoga tones and regulates the body. It teaches clarity/ stabilization of the mind and promotes relaxation. Pilates improves stamina, coordination, concentration, alignment & core strength. Perform both to uncover the connection between the body and mind, while profoundly transforming both.

How to Choose a Class

Choose a time that is convenient for you to make yoga and pilates a regular part of your life. Feel free to inquire.

- ☪ Arrive 10 minutes prior to class.
- ☪ Wear comfortable, free-moving attire.
- ☪ Come with an empty stomach and an open mind.
- ☪ Please do not wear highly scented products.
- ☪ BYOM (Bring your own mat).
- ☪ Peace awaits you.
- ☪ Check website for upcoming workshops.

SOYA RYT200/500 Yoga Teacher Training Harmony Yoga Therapy Teacher Training

Yoga Teacher Training is offered at Harmony by Intensive & Extended Programs. These trainings are certified by SOYA and with Yoga Alliance at the RYT200 & 500 Levels. Designed to complement any style of hatha yoga. Phone or email for further information about our programs! Next trainings being offered: Two Week Intensive in August 2010 and One Year 300 Hour Extended Program starting in Jan. 2011. **NEW:** Harmony is also offering a RYT200 Yoga Therapy Training Program starting in Sept. 2010.

Spring Schedule of Classes

Monday

9 Week Session
April 5th – June 7th (No Class May 24th)
5:00-6:00 p.m. Pilates

12 Week Session
April 5th – June 28th (No Class May 24th)
6:15-7:30 p.m. Hatha Beginner
7:45-9:15 p.m. Hatha Mixed

Tuesday

13 Week Session
April 6th – June 29th
6:00-7:15 p.m. Hatha Mixed
7:25-8:40 p.m. Mantra Yoga
8:45-9:30 p.m. Yoga Sadhana

Wednesday

13 Week Session
April 7th – June 30th
6:00-7:15 p.m. Pilates/Relax
7:30-8:45 p.m. Hatha Beginner
(Fiona)

Thursday

12 Week Session
April 8th – June 24th
7:30-8:30 a.m. Early Bird Yoga
9:00-10:30 a.m. Pilates/Yoga Fusion
5:00-6:15 p.m. Hatha Mixed
6:30-7:45 p.m. Pilates/Yoga Fusion
8:00-9:15 p.m. Hatha Established

Friday

12 Week Session
April 9th – June 25th
9:00-10:15 a.m. Hatha Mixed
10:30-11:30 a.m. Hatha Gentle

Saturday

8 Week Session
April 10th – June 5th (No class May 22nd)
9:00-10:30 a.m. Hatha Mixed
10:45 a.m.–12:15 p.m. Pilates/Yoga Fusion
12:30-1:45 p.m. Prenatal

(Helen teaching classes unless otherwise specified).



Description of Classes

Hatha Beginner

Instructed in a gentle, supportive manner. Learn to link the breath with movement and increase flexibility, strength and balance. You will learn to relax, rejuvenate and experience yourself in a new way.

Hatha Mixed

A well-balanced class open to all levels of students from beginners to those with more experience. Asana including inversions, core strengtheners, pranayamas and yoga nidra.

Mantra Yoga

Experience the spiritual/devotional side of yoga with the practice of sanskrit chanting and mantra japa. Finish with a short meditation and mudra to achieve the bliss of yoga.

Hatha Established

Class geared towards continuing students who have a solid foundation in yoga. Includes asana, pranayama and yoga nidra to deepen the experience of your yoga practice.

Early Bird Yoga

Start your morning with flowing sun salutations. This energizing workout will awaken your body and mind for the upcoming day.

Meditation & Relaxation

Class includes a seated guided meditation with japa (vibrational mantra) and pranayama (breath work) and savasana (relaxation component).

Chakra Yoga & Meditation

This balanced class works with asanas related to each chakra. These chakras are then incorporated into the meditation session and yoga nidra with the vibrations of chakra chimes.

The Yoga of Breath (Pranayama) Workshop

Friday, June 24th ~ 9:00-11:00 a.m. Fee: \$25.00

In this workshop you will learn the fundamentals of yogic breathing techniques (pranayama). Learn to use the prana (vital energy) for healing, cleansing and strengthening.

Yoga Nidra Workshop

Saturday, June 26th ~ 10:00 a.m. -12:00 p.m. Fee: \$25.00

Use yoga nidra (amazing healing practice) to discover the depth of your own inner peace so that you can assess it when stress arises. We start with gentle hatha stretches, simple pranayama, a seated meditation then savasana.