

Special Classes

Mom & Baby Yoga (up to crawling)

Friday's @ 2:15pm - Next session Jan. 2
\$126.00 + gst for 7 classes (must register)

Prenatal Yoga

Monday's @ 6:00pm - Next session Jan 5, 2009
\$126.00 + gst for 7 classes (must register)

Wednesday's @ 7:30pm - Next session Jan 7, 2009
\$126.00 + gst for 7 classes (must register)

Community Class (Beginner Ashtanga)

\$5 + a food bank donation
Saturday's at 1:00pm

Pricing

Drop In	\$16
One week unlimited (new members)	\$25
Student Drop In	\$12
50 min Lunch Drop In	\$13
50 min Lunch Drop In Student	\$10
50 min Lunch 10 pass card	\$110+gst
5 pass card (1 year expiry)	\$75+gst
10 pass card (1 year expiry)	\$130+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 3 month unlimited	\$230+gst
Student 1 year unlimited	\$800+gst

January Moon Days

(NO MORNING MYSORE CLASS)
Monday, January 26 (new moon)

Instructors

Dana Blonde
Sara Byers
Patrick Copping
Audra Duran
Carolina Gutierrez Herrera
Jodi Irwin
Emily Kotow
Danielle Pechie
Deborah Tamura
Emily Valdes
Jana Webb
Kim Wiebe

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.

JANUARY 2009

Drop in Classes 7 Days a Week



Introduction to Ashtanga Yoga

Interested in yoga but not sure where to begin?

This 4 week course is perfect for you!
We will give you a thorough, fun and down to earth introduction to ashtanga yoga. You will learn everything you need to know to feel comfortable to attend yoga classes.

Saturday at 3pm, next session starts January 10.

Call or email us today to reserve your spot.
\$69+gst.

www.yogashalacalgary.com

403.210.3000

1511 - 19th Street NW, Calgary, Alberta

Class Schedule

Monday

5:30 - 9:00 am	Morning Mysore
9:30 - 11:00 am	Guided Ashtanga
12:10 - 1:00 pm	Strength & Soul
4:30 - 5:55 pm	Guided Ashtanga
6:00 - 7:25 pm	Prenatal (Registered)
7:30 - 9:00 pm	Beginner Ashtanga

Tuesday

5:30 - 9:00 am	Morning Mysore
9:30 - 11:00 am	Spine Strengthening
12:10 - 1:00 pm	Lunch Flow
4:30 - 5:55 pm	Strength & Soul
6:00 - 7:25 pm	Strength & Soul
7:30 - 9:00 pm	Guided Ashtanga

Wednesday

5:30 - 9:00 am	Morning Mysore
9:30 - 11:00 am	Vinyasa Flow
12:10 - 1:00 pm	Strength & Soul
4:30 - 5:55 pm	Yin Yoga
6:00 - 7:25 pm	Guided Ashtanga
7:30 - 9:00 pm	Prenatal (Registered)

Thursday

5:30 - 9:00 am	Morning Mysore
9:30 - 11:00 am	Openings
12:10 - 1:00 pm	Lunch Flow
4:30 - 5:55 pm	Hard Core Yoga Flow
6:00 - 7:25 pm	Intro to Ashtanga (Registered)*
7:30 - 9:00 pm	Guided Ashtanga

**Next session starts Jan 8th.*

Friday

5:30 - 9:00 am	Morning Mysore
9:30 - 11:00 am	Strength & Soul
12:00 - 1:30 pm	Guided Ashtanga
2:15 - 3:30 pm	Postnatal (Registered)
5:00 - 6:30 pm	Guided Ashtanga
6:30 - 7:45 pm	Yoga Jam

Saturday

9:00 - 10:30 am	Vinyasa Flow
11:00 - 12:30 pm	Guided Ashtanga
1:00 - 2:30 pm	Beginner Ashtanga (Community Class)

Sunday

9:00 - 10:30 am	Primary Series
11:00 - 12:30 pm	Beginner Ashtanga
4:00 - 5:30 pm	Guided Ashtanga

Class Descriptions

TRADITIONAL ASHTANGA

Morning Mysore - (all levels)

Ashtanga as taught in its traditional form. Teachers will guide each student to work at their own pace. This is not a 3 hour class! Students can drop in anytime between 5:30 - 9:00am. Great for beginners!

Beginner Ashtanga - (all levels)

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

Guided Ashtanga - (all levels)

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

Primary Series - (experienced students)

The entire first series of Ashtanga Yoga will be taught. A proficiency in the Guided Ashtanga Class is recommended to attend Primary Series.

NON-TRADITIONAL

Lunch Flow - (all levels)

Short & sweet, this is a terrific way to step out of the daily chaos and gather yourself in a sequence of sun salutations, standing and seated postures.

Vinyasa Flow - (all levels)

These are fun, Ashtanga-Vinyasa style classes with music. For beginners or those with injury concerns, modifications will be given.

Strength and Soul - (all levels)

Kim leads you through a series of postures linked by modified sun salutations emphasizing strengthening postures, hip openers, balancing poses, core work, and spinal integrity. Flexibility not required!

Openings - (all levels)

The focus is on relaxing the muscles, long holds in poses and an emphasis on releasing connective tissue.

Spine Strengthening - (all levels)

Postures will be specific to aligning and strengthening the spine while creating gentle openings throughout the body.

Yin Yoga - (all levels)

A restorative class involving seated postures, long holds and breathing exercises. A great balance to any practice. Come to relax, open, and breathe.

Yoga Jam - (all levels)

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

Hard Core Yoga Flow - (all levels)

A vinyasa style of yoga that allows the practitioner to move within the posture, connecting breath to movement. This class also uses more static, core demanding, longer held asanas. Alignment and integrity of the spine are honoured with props.