

## Class Schedule

### Monday

5:30 - 9:00 am	Morning Mysore
9:30 - 11:00am	Flow / Restorative
12:10 - 1:00 pm	Strength & Soul
4:30 - 5:50 pm	Ashtanga Level 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 - 11:00 am	Yoga Flow - <i>Power</i>
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	Strength & Soul
4:30 - 5:50 pm	Yin Yoga
6:00 - 7:20 pm	Ashtanga Level 2
7:30 - 8:45 pm	Beginner Ashtanga

### Thursday

5:30 - 9:00 am	Morning Mysore
9:30 - 11:00 am	Yoga Flow - <i>Core</i>
12:10 - 1:00 pm	Ashtanga All Levels
4:30 - 5:50 pm	ISHTA Yoga
6:00 - 7:20 pm	Intro to Ashtanga (Registered)
7:30 - 9:00 pm	Ashtanga Level 1-2

### Friday

5:30 - 9:00 am	Morning Mysore
9:30 - 11:00 am	Strength & Soul
12:10 - 1:00 pm	Ashtanga All Levels
1:30 - 2:30 pm	Postnatal (Registered)
5:00 - 6:25 pm	Yoga Jam
6:45 - 8:00 pm	Restorative

### Saturday

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

### Sunday

9:00 - 10:30 am	Primary Series
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 - 8:30 pm	Meditation (Drop In)

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

These classes will be a chance for students to explore the postures later in the Primary Series as well as full closing including shoulderstand and headstand.

#### 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. Flexibility not required!

#### 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.

#### Yoga Flow – (Level 1-2)

Try Power, Core or Warm! Challenging vinyasa yoga connecting breath to movement with an emphasis on power (Tuesday AM), core strengthening (Thursday AM) or a warmer room for additional detoxification of the body (Saturday AM).

#### ISHTA Yoga - (Level 1-2)

Through a blend of Asana, Pranayama, and Meditation, this challenging class will leave you feeling energized, strong and relaxed. The Ishta practice encourages us to find our own individual 'best self.'

#### Flow / Restorative - (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.

## Special Classes

Prenatal Yoga  
Sunday's @ 6:00pm or  
Monday's @ 6:00pm  
\$126.00 + gst for 7 classes (must register)

Community Class (Beginner Ashtanga)  
\$5 + a food bank donation  
Saturday's at 1:00pm

### Pricing

One week unlim (1st time members)	\$25
Drop In (goes up to \$17 March 1, 2010)	\$16
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
Mysore Program (add to any unlim)	\$20

- 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  
Patrick Copping  
AJ Demers  
Gord Desautels  
Audra Duran  
Abbie Gardiner  
Carolina Gutierrez Herrera  
Emily Kotow  
Ali Shaffer  
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.



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.

Thursday's at 6pm

Call or email us today to reserve your spot.  
\$79+gst.

[www.yogashalacalgary.com](http://www.yogashalacalgary.com)  
403.210.3000

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