



LIVING YOGA & HEALTH WINTER SCHEDULE

JANUARY 8th - MARCH 29th, 2018

REGISTERED SERIES & WORKSHOPS

INTRODUCTION TO MEDITATION (6 weeks):

Mondays Jan. 8 - Feb. 12, 7:30-8:45pm

YOGA FOR ANXIETY (6 weeks):

Tuesdays Jan. 9 - Feb. 13 & Feb. 20 - Mar. 27, 5:30-7pm

QIGONG YOGA & MEDITATION (6 weeks):

Thursdays Jan. 11 - Feb. 15 & Feb. 21 - Mar. 28, 8:30-9:45am

BODY, BREATH & PEN:

Saturdays Jan. 13 - Mar. 3, 12:00-2:00pm

HIPS AND CORE: Sunday Jan. 14, 1:00-4:00pm

EARLY MORNING RESET:

Monday Feb. 5 - Friday Feb. 9, 7:00-8:15am

INTRO TO THE YOGA SUTRAS:

Saturday Feb. 10, 9:30-3:00pm

THE SI JOINTS: Sunday Feb. 25, 1:00-4:00pm

MINDFULNESS PRACTICE FOR SCHOOLS:

Mondays Feb. 26 - Mar. 26, 7:30-8:45pm

CHAKRA INTENSIVE:

Sunday Mar. 4 - Friday Mar. 9, 6:30-7:45am

SWEET SOLSTICE RESTORATIVE YOGA - SPRING:

Saturday Mar. 24, 1:00-4:00pm

THE SHOULDER COMPLEX: Sunday Mar. 25, 1:00-4:00pm

PELVIC HEALTH (3 part series):

Saturdays Apr. 28, May 5, May 19, 1:00-4:00pm

RATES FOR CLASSES

Class Registrations,

12 weeks: \$168 + hst

Drop-in: \$16 + hst

Nomad Pass,

10 Classes: \$150 + hst

Nomad Pass,

5 Classes: \$75 + hst

Student and Senior Nomad
Pass, 10 Classes: \$135 + hst

Unlimited Monthly:

\$135 + hst

Unlimited Yearly:

\$1150 + hst

*For complete terms and
conditions visit our website
livingyoga.ca.*

105 Wyndham St. N. • 519.767.1041 • livingyoga.ca • info@livingyoga.ca

Living Yoga & Health Class Schedule January 8th - March 29th, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>No regular classes Monday Feb. 19th 10:00-11:00am FAMILY YOGA</p> <p>9:30-10:45am Movement Dynamics Level 1</p> <p>10:00-11:30am Over 50</p> <p>11:00-12:15pm Kundalini Yoga</p>	<p>7:00-8:15am Sunrise All Levels</p> <p>9:30-11:00am Intermediate Women</p> <p>10:00-11:30am Over 50</p> <p>12:05-12:55pm Movement Dynamics All Levels</p>	<p>6:00-7:15am Sunrise Yoga & Meditation</p> <p>9:30-11:00am Morning Practice All Levels</p> <p>10:00-11:15am Mom Yoga</p>	<p>8:30-9:45am Qigong Yoga & Meditation <i>Pre-register only</i></p> <p>9:30-10:30am Baby Yoga</p> <p>10:00-11:30am Gentle Yoga</p>	<p>7:30-8:45am Morning Vinyasa</p> <p>9:00-10:00am Slow Flow</p> <p>9:30-11:00am Morning Practice Level 1-2</p> <p>10:15-11:15am Chair Class @ FLO</p> <p>10:30-12:30pm Kids Yoga on PD Days</p>	<p>10:00-11:30am All Levels</p> <p>12:00-2:00pm Body, Breath & Pen</p>	<p>10:00-11:15am Flow and Roll</p> <p>10:30-12:00pm Open Sit (by donation)</p> <p>12:30-1:30pm Karma Yoga (by donation)</p>
<p>5:30-6:30pm Yoga for Men</p> <p>5:45-7:15pm Hatha Flow Level 2</p> <p>7:30-8:45pm Evening Practice Level 2</p> <p>7:30-8:45pm Introduction to Meditation</p>	<p>4:00-5:00pm Kids Yoga after School</p> <p>4:00 - 5:00pm Hatha Flow All Levels</p> <p>5:45-7:00pm Movement Dynamics Level 1-2</p> <p>5:30-7:00pm Yoga for Anxiety <i>Pre-register only</i></p> <p>5:45-7:00pm Gentle Yoga @ FLO</p> <p>7:30-8:45pm Foundations Level1</p> <p>7:30-8:45pm Prenatal</p>	<p>2:00-3:30pm Movement Dynamics Gentle</p> <p>5:30-7:00pm Strengthening Yoga Flow All Levels</p> <p>5:45-7:15pm Hatha Flow Level 2</p> <p>7:15-8:30pm Hips & Hamstrings</p> <p>7:30-8:45pm Evening Practice Level 1-2</p>	<p>2:00-3:30pm Over 50</p> <p>5:45-7:15pm Refine & Deepen Level 2</p> <p>5:45-7:00pm Absolute Beginner</p> <p>7:15-8:30pm Strengthening Yoga Flow Level 2</p> <p>7:30-8:45pm Restorative</p>	<p>5:00-6:15pm Deep Practice Deep Release</p>	<p>2:00-3:15pm Teacher's Practice <i>Jan. 28th, Feb. 25th, Mar. 25th</i> (by donation)</p>	<p>7:00-8:15pm Restorative</p>

FAMILY FOCUSED PROGRAMS

KIDS YOGA AFTER SCHOOL
Tues. Jan. 16 - Mar. 6, 4:00-5:00pm

KIDS YOGA ON PD DAYS
Fri. Jan. 26, Apr 27, June 8, 10:30-12:30pm

MOM YOGA
Wed. Jan. 10 - Feb. 14 & Feb. 21 - Mar. 28, 10:00-11:15am

BABY YOGA
Thurs. Jan. 11 - Feb. 15 & Feb. 22 - Mar. 29, 9:30-10:30am

YOGA FOR CHILDBIRTH
Sun. Jan. 28, 4:00-6:00pm

FAMILY YOGA
Mon. Feb. 19, 10:00-11:00am

PRENATAL YOGA
Tues. 7:30-8:45pm