



**IN THE SPIRIT**  
Yoga Studio & Wine Lounge

**YOGA SCHEDULE EFFECTIVE APRIL 26, 2024**

376 Old Kingston Rd., Highland Creek Plaza, M1C 1B6 Phone: 647-352-4879

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 AM MEDITATION	9:00 - 10:00		8 AM MEDITATION		8 AM MEDITATION	
LIVE & ONLINE	LISA	ALL MORNING YOGA CLASSES MONDAY THRU SUNDAY ARE BOTH LIVE & ONLINE				
9:00 - 10:00 RAMONA Hatha 1	Gentle Hatha	9:00 - 10:00 RAMONA Hatha 1	9:00 - 10:00 CHANTAL Gentle Hatha	9:00 - 10:00 CHANTAL Hatha 1	9:00 - 10:00 RAMONA/LISA Rise, Reflect & Revise	9:00 - 10:00 AUDREY Rise, Reflect & Refresh
10:15 - 11:15 RAMONA Gentle Hatha	Tune up Tuesday	10:15 - 11:15 RAMONA Gentle Hatha	SERIES LIVE ONLY	10:15 - 11:15 CHANTAL Gentle Restorative	10:15 - 11:00 RAMONA/LISA HIIT Pilates	10:15 - 11:15 AUDREY Yin with Reiki
LIVE & ONLINE	**ThaiYin Restorative April 9,16, May 7,14	LIVE & ONLINE	**Intermediate Chair Yoga April 25 - May 30	LIVE & ONLINE		LIVE & ONLINE
4:30 - 5:30 RAMONA Hatha	BOTH SERIES LIVE ONLY	11:30 - 12:30 STEPHANIE Yin Yoga		11:30 - 12:30 STEPHANIE Yin Yoga		11:30 - 12:30 RIEZA Zumba
LIVE & ONLINE	**Chair Yoga Beginners May 7 - June 11	LIVE & ONLINE				
5:45 - 6:45 RAMONA Restorative	LIVE & ONLINE	5:00 - 6:00 AMANDA Hatha 1	LIVE & ONLINE	LIVE & ONLINE		
LIVE & ONLINE	5:00 - 6:00 TARA - Gentle Yoga	LIVE & ONLINE	5:00 - 5:45 RAMONA HIIT Pilates	5:00 - 6:00 AMANDA Hatha		
LIVE & ONLINE	LIVE ONLY	6:15 - 7:15 AUDREY Movement & Meditation	LIVE & ONLINE	6:15 - 7:15 AMANDA Restorative		
7:15 - 8:15 CHANTAL Gentle Hatha	6:15 - 7:15 TARA Restorative with Reiki	CURVES/AUDREY	6:15 - 7:15 CHANTAL Gentle Hatha			
<b>GUIDE:</b>	Gentle / Learn	RSVP Series	Restorative/YIN	"Energy Yoga"	Intermediate	
STORE OPEN	STORE OPEN	STORE OPEN	STORE OPEN/LOUNGE	STORE OPEN	STORE OPEN	STORE
10 AM - 6 PM	10 AM - 6 PM	10 AM - 6 PM	10 AM - 9 PM / 6 - 9 PM	10 AM - 6 PM	10 AM - 3 PM	CLOSED

8 AM MEDITATION ON MONDAY, THURSDAY AND SATURDAY IS COMPLIMENTARY

**ONLINE YOGA RATES - \$15 DROP IN ONLINE includes hst - all other passes same as live yoga**

**New client intro: Adult \$75 unlimited month/\$59 student or senior, valid for first 30 days**

**RESERVED ON WEBSITE OR ZEN PLANNER**

**5 class pass - \$84 (3 month limit), 10 class pass - \$159 (5 month limit), 20 class pass - \$269 (7 month limit) - all ages**

**all ages 1 month unlimited - \$149 - adult 3 month unlimited - \$399, Seniors/students 3 month unlimited - \$349, 10 class Seniors \$150 incl hst**

**HST IS included for drop in rates: Live Yoga Adult, \$20, Student, \$15, Seniors, \$15 and 10 class seniors**

all other amounts are plus HST

**ALL WORKSHOPS, SERIES ARE BY RSVP AND TUITIONS AND ALL PASSES ARE NON REFUNDABLE AND NON TRANSFERABLE**

\*\*BEGINNER CHAIR YOGA BEGINS MAR 5 \$99+ for 6 weeks & INTERMEDIATE CHAIR YOGA BEGINS MAR 7 FOR \$99+ - 6 WEEKS

\*\* THAI YIN RESTORATIVE -BEGINS MAR 5 4 weeks \$140.. SOLD OUT

### **CLASS DESCRIPTIONS**

**Restorative:** A slow and gentle class that allows you to connect the mind and body through holding poses for an extended period and concentration on breath.

**Yin with Reiki:** A deeply nourishing restorative practice with the healing power of reiki, release tension and re-balance energy for the week.

**Hatha:** Ha (sun) & tha (moon), refers to the natural balance between masculine & feminine. Through postures & breathing we achieve strength, flexibility & balance. All levels welcome.

**Hatha 1:** You're not a "newbie" anymore and you're capable of intermediate level Hatha - more challenging poses, fine-tuning balance, breathing and more.

**Gentle Hatha:** Ideal for anyone who wants to unwind, stretch, and relax - this slow-paced class is guaranteed to leave you feeling refreshed and rejuvenated.

Special attention is put on typical areas of tension (lower back, hips, neck, and shoulders) and usually includes supine, sitting, kneeling, and standing postures.

This class is perfect for ALL LEVELS for those who are looking for a class that focuses on the fundamentals of movement, breath & stillness.

**Movement & Meditation:** A mindful approach to postures using breath and meditation to link mind, body and spirit in the present moment to movement in our practice. Deeply calming, clearing and balancing.

**HiiT Pilates:** This stands for High Intensity Interval Training - build and strengthen your core to access your breath and quiet the mind.

**Yin Yoga:** A slow and mindful practice designed to stretch and stimulate the deep connective tissues of the ligaments, joints, deep fascial networks and bones. Props are used to help you hold poses for longer periods of time, allowing for a deeper release and improved flexibility.

**Rise, Reflect (& Revise):** Early morning has you open your day with a thorough review as you Rise and Reflect on where you're at, what you need to prepare yourself for the day ahead, and revise accordingly.

**Tune Up Tuesday:** Guided self massage, stretching & conscious breathing to release tension, increase mobility and deepen awareness.

The mindful movement & breathing will help strengthen connection to self as we release & rejuvenate working towards overall wellbeing.

This class is suitable for all levels. You will need tune up or tennis balls, a blanket, blocks, a strap and bolster (optional).

**Zumba:** Put on your indoor runners, bring water and a towel and prepare to dance and sweat to Latin beats and Zumba feats...so much fun! It's an addiction (a good one)!

**Rise, Reflect (& Refresh):** You will greet the day through reflective yoga postures and can also bring your questions about certain yoga postures or philosophies...a sweet nudge to our fabulous Soulful Sundays(sigh).