

YOGA SCHEDULE EFFECTIVE FEBRUARY 25, 2024

Please see the reverse side for RATES AND
DESCRIPTIONS and for more info CHECK OUT OUR WEBSITE
www.inthespirityoga.com
TECH SUPPORT: itsyclass@gmail.com

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

370 Old Kingston K	370 Old Kingston Kd., Tiighiand Creek Plaza, MTC 180 Phone. 047-332-4679						
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 ONLINE & LIVE					
9:00 - 10:00	Gentle Hatha	9:00 - 10:00	9:00 - 10:00	9:00 - 10:00	9:00 - 10:00	9:00 - 10:00	
CHANTAL	10:15 - 11:15	LISA	CHANTAL	CHANTAL	RAMONA/LISA	AUDREY	
Hatha 1	LISA	Hatha 1	Gentle Hatha	Hatha 1	Rise, Reflect & Revise	Rise, Reflect	
10:15 - 11:15	Tune up Tuesday	10:15 - 11:15	SERIES LIVE ONLY	10:15 - 11:15	10:15 - 11:00	& Refresh	
CHANTAL	SOLD OUT	LISA	10:15 - 11:15	CHANTAL	RAMONA/LISA	10:15 - 11:15	
Gentle Hatha	11:30 - 12:30	Gentle Hatha	FLORENCE	Gentle Restorative	HIIT Pilates	AUDREY	
LIVE & ONLINE	FLORENCE	LIVE & ONLINE	**Intermediate	LIVE & ONLINE		Yin with Reiki	
4:30 - 5:30	**ThaiYin Restorative	11:30 - 12:30	Chair Yoga	11:30 - 12:30		LIVE & ONLINE	
RAMONA	BOTH SERIES LIVE ONLY	STEPHANIE	Mar 7 to Apr 11	STEPHANIE		11:30 - 12:30	
Hatha	12:45 - 1:45	Yin Yoga		Yin Yoga		RIEZA	
	**Chair Yoga Beginners	LIVE & ONLINE				Zumba	
LIVE & ONLINE	Mar 5 to Apr 9	5:00 - 6:00					
5:45 - 6:45	LIVE & ONLINE	AMANDA	***NEW***	LIVE & ONLINE		MONTHLY	
RAMONA	5:00 - 6:00	Hatha 1	5:00 - 5:45	5:00 - 6:00		RESTORATIVE	
Restorative	TARA - Gentle Yoga	LIVE & ONLINE	RAMONA	AMANDA		WORKSHOPS	
LIVE & ONLINE	LIVE ONLY	6:15 - 7:15	HIIT Pilates	Hatha		WITH CHANTAL	
7:15 - 8:15	6:15 - 7:15	AUDREY	LIVE & ONLINE	6:15 - 7:15		DETAILS	
CHANTAL	TARA	Movement	6:15 - 7:15	AMANDA		IN BLAST & POSTS	
Gentle Hatha	Restorative	& Meditation	CHANTAL	Restorative			
	with Reiki	CURVES/AUDREY	Gentle Hatha				
LEGEND:	Gentle / Learn	Intermediate	Restorative/YIN	"Energy Yoga"		RSVP Series	
STORE OPEN	STORE OPEN	STORE OPEN	STORE OPEN	STORE OPEN	STORE OPEN	STORE	
10 AM - 6 PM	10 AM - 6 PM	10 AM - 6 PM	10 AM - 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.

<u>Hatha:</u> 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.

<u>Movement & Meditation:</u> 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 Intentsity 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.

<u>Rise, Reflect (& Revise)</u>: 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).