



IN THE SPIRIT
Yoga Studio & Wine Lounge

YOGA SCHEDULE EFFECTIVE MAY 21, 2024

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

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
NEW TIME LIVE & ONLINE	11:30 - 12:30 FLORENCE **ThaiYin Restorative	LIVE & ONLINE	**Intermediate Chair Yoga April 25 - May 30	LIVE & ONLINE		LIVE & ONLINE
5:00 - 6:00 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
NEW TIME LIVE & ONLINE	12:45 - 1:45 **Chair Yoga Beginners May 7 - June 11					
6:15 - 7:15 AMANDA Restorative	LIVE & ONLINE		LIVE & ONLINE			
	5:00 - 6:00 TARA - Gentle Yoga		5:00 - 5:45 RAMONA HIIT Pilates			
	LIVE ONLY					
	6:15 - 7:15 TARA Restorative with Reiki	CURVES/AUDREY RSVP Series TIME/DATES TBC	LIVE & ONLINE			
			6:15 - 7:15 CHANTAL Gentle Hatha			
GUIDE:	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 PM - 9 PM	10 AM - 6 PM	10 AM - 2 PM	CLOSED

8 AM MEDITATION ON ZOOM - MONDAY, THURSDAY AND SATURDAY IS COMPLIMENTARY

SUPER SUMMER SPECIAL - 3 MONTH UNLIMITED \$349 ADULT, \$299 SENIORS/STUDENTS

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

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.

Restorative 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), the natural balance between masculine & feminine. Thru 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.

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).