

SPIRIT-IN-MOTION YOGA

Winter Schedule: Jan 11th – April 1st, 2010

Time	Monday	Tues	Weds	Thurs	Friday	Sat
9:00-10:30am	Alignment In Motion		Yoga Flow		Moving Into Stillness	9:30-11 Yoga Surprise
12:05–12:55pm				Yoga Basics		
5:30-7pm	Yoga Flow	Yoga Basics	Alignment in Motion	Yoga for Athletes		
7:30-9pm	Ashtanga Basics	Partner Yoga (New)	Yoga to Unwind			

No Classes Family Day week-end: Sat Feb 13th and Mon Feb 15th

Location: Community of Christ Church
425 – 11th Street South, Lethbridge

Pricing: *Your first class is always free!*

Early Bird Discount: \$10 off registration before Dec 18th

10 Class Pass (4 month expiry): **\$120**

Unlimited Class Pass (12 weeks, Jan 11-Apr 1): **\$180**

Noon Hour Pass (12 classes) **\$100**

Single Drop-in: **\$14/class (\$10 for noon classes)**

While prices are set according to current yoga class prices, we believe that yoga should be available to everyone regardless of financial situation. If costs are preventing you from coming to class, we also have a “pay what you can” philosophy.

New Class: Partner Yoga (and Thai Massage)

Partner yoga is a light-hearted, fun way to introduce or share your yoga practice with your partner, friend, or perhaps teenage son or daughter. It’s a great way to connect and deepen any relationship while learning to move and breathe together. Whether you’ve been coming to yoga for a while or are brand new, working with a partner allows you a safe place to learn new poses, or explore familiar poses more deeply. You’ll also learn some relaxing Thai massage techniques to take home and enjoy.

New Registered Therapeutic Yoga Classes:

See reverse page for details!

Therapeutic Yoga

Wednesdays, 11am-12:30pm or Thursdays, 9:30-11am

10 weeks, Jan 20th – March 24th, Cost: \$120.00

Therapeutic Yoga classes are designed specifically for those with injuries or chronic illness to promote healing on many levels. These smaller registered classes allow the teacher to develop a gentle personalized approach to treating the whole person. Students learn how to be comfortable in gentle yoga postures while connecting to the healing power of the breath to relax the body and calm the mind. The focus is on relaxation and on linking movement to deep, rhythmic breathing. Ongoing research clearly documents the benefits of yoga for many conditions including arthritis, back pain, cancer, depression, heart disease, MS, fibromyalgia and pain management in general.

To register: Call Vickie at 403-320-6763

Yoga Thrive for Cancer Survivors:

Mondays Jan 18th-March 8th, 11am-12:15pm

This research based yoga program is designed specifically for cancer survivors both in and out of treatment. The seven week progressive program focuses on gentle postures and breathing techniques to assist individuals living with the challenges of cancer. Classes are provided free of charge through a generous community grant, but you must register at least one week in advance.

To register: Call Vickie at 403-320-6763

Ph: 403-320-6763

www.spiritinmotionyoga.ca