

SPIRIT-IN-MOTION YOGA

Spring Schedule: April 1st – June 24th

Time	Monday	Tues	Weds	Thurs	Friday	Sat
9:00-10:30 am	Ashtanga Mysore		Ashtanga Basics		Moving Into Stillness	9:30-11 Yoga Flow
5:30-7pm	Vinyasa Flow	Ashtanga Basics	Ashtanga Mysore	Yoga Flow		
7:30-9pm	Ashtanga Basics		Yoga to Unwind			

No classes: Easter Week-end, April 10th & 11th
 Victoria Day Week-end, May 18th & 20th

Location: Community of Christ Church (the little white church!)
 425 – 11th Street South, Lethbridge

Pricing: 10 Class Pass (4 month expiry): \$110
 Unlimited Pass (12 weeks, Apr 1-June 24): \$170
 Single Drop-in: \$13/class

*\$10 discount for passes purchased before March 13th

New This Session:

Ashtanga Primary Series (Mysore style)

Learn the full Primary Series of Ashtanga Yoga at your own pace while developing the ability to practice on your own. Taught in the traditional Mysore style, students flow through the ashtanga sequence (cheat sheets provided) at their own pace with a teacher on hand to give hands-on adjustments and personal attention. **Students must have 6 months Ashtanga experience.**

Yoga Flow

After gently awakening and warming up the body, this flowing sequence of postures synchronized with the breath will focus on key alignment principles while building core strength integrated with breath awareness.

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www.spiritinmotionyoga.ca

