

SPIRIT-IN-MOTION YOGA

Fall Schedule: Sept 13th – Dec 10th

Time	Monday	Tues	Weds	Thurs	Friday	Sat
9:00-10:30am	Alignment In Motion		Yoga Flow		Moving Into Stillness	9:30-11 Yoga Surprise*
11am-12:30pm	<i>*Yoga Thrive</i>		<i>*Healing Path Yoga</i>			
12:05–12:55pm				<i>*Intro to Yoga</i>		
4:00-5:15pm			<i>*Intro to Yoga</i>			
5:30-7pm	Yoga Flow	Yoga Basics	Alignment in Motion	<i>* Flex and Fit Yoga</i>		
7:30-9pm	Ashtanga Basics	<i>* Partner Yoga</i>	Yoga to Unwind	<i>*Yoga Thrive</i>		

***Shaded classes are by registration only and not included with passes**

No classes: Mon, Oct 11th and Thurs, Nov 11th

Pricing: Earlybird Special: \$10 off before August 30th

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

Unlimited Pass (13 weeks, Sept 13-Dec 10): \$200

Single Drop-in: \$15/class

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.

Registered 10 Week Classes: shaded areas on schedule

The following classes are progressive in nature and need to be registered for separately. As such, they are not included with passes. (Students with Unlimited Passes may pay a \$20 fee if they wish to sign up for these classes).

Partner Yoga: Tuesdays 7:30-9pm, Sept 21 – Nov 23, \$120

Healing Path (therapeutic): Weds, 11am-12:30pm, Sept 22-Nov 24, \$120

Intro to Yoga: Weds, 4-5:15pm, Sept 29-Dec 1, \$120

Thurs, 12:05pm-12:55pm, Sept 30-Dec 9, \$100

Flex and Fit Yoga: Thurs, 5:30-7pm, Sept 23-Dec 2, \$120

Yoga Thrive for Cancer Survivors: Mon, 11am-12:30pm, Sept 20-Nov 8, \$60

Thurs, Sept 23-Nov 4, \$60

Ph: 403-320-6763

www.spiritinmotionyoga.ca