

# **SPIRIT-IN-MOTION YOGA**

## **Class Schedule: Jan 9 – April 5, 2012**

<b>Time</b>	<b>Monday</b>	<b>Tues</b>	<b>Weds</b>	<b>Thurs</b>	<b>Friday</b>	<b>Sat</b>
9:00-10:30am	Anusara Inspired*	<b>*Heart Yoga 9:30-11</b>	Yoga Flow		Moving Into Stillness	<b>9:30-11am Community Class*</b>
11am-12:30pm			<b>*Healing Path Yoga</b>			
4:00-5:15pm			<b>*Intro to Yoga</b>			
5:30-7pm	Yoga Flow	Yoga Basics	Anusara Inspired*	<b>Intermediate Ashtanga</b>		
7:30-9pm	Ashtanga Basics		Yoga to Unwind			

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

**\*Saturday Community Class begins Jan 21st**

**No class: Monday, Feb 20<sup>th</sup> Family Day**

**Pricing: (Earlybird: Save 10% before Dec 20th)**

10 Class Pass (4 month expiry): \$125 (\$110)

Unlimited Pass (13 weeks, Jan 9 – April 5): \$220 (\$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.*

**Community Class is by donation. All proceeds benefit local charities.**

**Registered 10 Week Classes: shaded areas on schedule**

The following classes are progressive in nature and need to be registered for separately. (Students with Unlimited Passes may pay a \$20 admin fee to join)

**Heart Yoga:** Tuesdays, 9:30-11am, Jan 17 – March 20, \$125

**Healing Path:** Weds, 11am-12:30pm, Jan 18 – March 21, \$125

**Intro to Yoga:** Weds, 4:00-5:15pm, Jan 18 – March 21, \$125

**Intermediate Ashtanga:** Thursdays, 5:30-7pm, Jan 19 – March 22, \$125

**To Register, Phone 403-320-6763**

**[www.spiritinmotionyoga.ca](http://www.spiritinmotionyoga.ca)**