

2016 WINTER/SPRING SCHEDULE

Effective January 2

Monday

10:00 - 11:15 am	Gentle/Big Stretch Yoga
5:45 - 7:00 pm	Gentle Stretch Yoga
7:15 - 8:30 pm	Big Stretch Yoga

Tuesday

10:00 - 11:15 am	NEW! Flow & Let Go Yoga
7:00 - 8:15 pm	Big Stretch Yoga

Wednesday

7:00 - 8:00 am	Early Bird Yoga*
6:00 - 7:30 pm	Restorative Yoga*

Thursday

10:00 - 11:15 am	Big Stretch Yoga
5:45 - 7:00 pm	Gentle Stretch Yoga
7:15 - 8:30 pm	NEW! Flow & Let Go Yoga

Saturday

10:00 - 11:15 am	Big Stretch Yoga
11:30 - 12:45 pm	Big Stretch Yoga

Sunday

10:00 - 11:15 am	Big Stretch Yoga
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*Pre-registered.

CLASS FEES

First class	\$10
1 class	\$19
5 classes	\$85
10 classes	\$155
20 classes	\$280
50 classes	\$640



Seniors and Students 10% off. All prices include HST. Pre-paid classes are non-refundable and do expire – check with the studio for more information. We accept cash or cheque only. Students must be in full-time attendance at a high school or post-secondary institution. Seniors 65+. I.D. required.

1560 Bayview Avenue, Suite 303, Toronto, Ontario M4G 3B8
 (416) 486-4448 Joanne Lowe, Director

www.bigstretchyoga.com

CLASS DESCRIPTIONS

Big Stretch Yoga: Suitable for many, this class integrates the breath with an extensive variety of postures to increase strength and flexibility, bring balance, and calm the mind.

Gentle Stretch Yoga: Ideal for beginners, those who are easing back into shape, recovering from illness or injury or just want to take it easy. May also include restorative postures using props to support your practice.

Flow & Let Go Yoga: Flowing hatha sequences, strengthening poses and sublime stretches in the first half of the class are followed by gentle, relaxing restorative poses in the second half.

Early Bird Yoga*: See description for Big Stretch Yoga. 12 weeks beginning January 20 and April 27, \$200.

Restorative Yoga*: Supported postures help to restore movement and flexibility. This class is for everyone: beginners, people experiencing stress or anxiety, recovering from illness or injury, or anyone seeking a gentle, meditative class. 4 weeks beginning January 13, February 10 and April 6, \$90 per session.

Sadhana*: Enjoy the rewards and routine of a daily yoga practice. Salute the sun each morning with a series of postures and breathwork that will strengthen your body, nurture your soul and lift your spirit. 6:45 - 7:45 am. 7 days, January 11 - 17 and April 18 - 24, \$115.

Corporate and Private Classes: The Yoga@Work program reduces stress, improves physical and mental well-being, improves employee morale, motivation and working relationships. Private classes available, including special events, seminars and parties.

*Pre-registration is required. All classes are on-going drop-in style unless pre-registration is indicated. Classes are pregnancy friendly.



CLOSURES

February 15, March 27 - 28, May 21 - 23

SADHANA

7 days beginning January 11 and April 18

MOVING & MEDITATION

3 Fridays, January 15 - 29

YOGA NIDRA

Sunday February 7

HEART CHAKRA RESTORATIVE YOGA

Sunday February 14

RESTORATIVE YOGA WITH LIVE SITAR

Friday February 26

EARTH HOUR YOGA FOR WWF

Saturday March 19

YOGA FOR UPPER BACK, NECK & SHOULDERS

3 Fridays, April 1 - 15

EARTH DAY RESTORATIVE YOGA

Friday April 22

Join us on 

www.bigstretchyoga.com