

Sari Yoga Centre

168 Queen St. S. Suite 210

Mississauga, Ontario L5M 1K8

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Pearl Cromwell, Director



SUMMER SESSION

Monday July 3 to Friday September 1 2017

MONDAY	9:30 am to 11:00 am 6:30 pm to 8:00 pm	Intermediate Intermediate/Experienced	8 wks 8 wks	Pearl Cromwell Pearl Cromwell	\$160 160	
TUESDAY	9:30 am to 11:00 am 11:15 am to 6:00 pm	Beginning Private classes available. Please book with studio.	9 wks	Pearl Cromwell	\$180	
WEDNESDAY	9:30 am to 11:00 am 5:15 pm to 6:45 pm 7:00 pm to 8:30 pm	Intermediate Beginning Intermediate	9 wks 9 wks 9 wks	Pearl Cromwell Pearl Cromwell Pearl Cromwell	\$180 180 180	
THURSDAY	9:30 am to 11:00 am 12:00 pm to 1:30 pm 5:45 pm to 7:15 pm 7:30 pm to 9:00 pm	Experienced Beginning/gentle Intermediate Beginning	9 wks 9 wks 9 wks 9 wks	Pearl Cromwell Pearl Cromwell Pearl Cromwell Pearl Cromwell	\$180 180 180 180	
FRIDAY	9:30 am to 11:00 am	Yoga Flow No class Jul 21 & Aug 25	7 wks	Shelley Dilella	\$140	
SATURDAY	9:00 am to 10:30 am 10:45 am to 2:00pm	Beginning/Intermediate Private classes available. Please book with studio.	7 wks	Jacqueline Bouchard Pearl Cromwell	\$140	
SUNDAY	7:30 am to 9:30 am	Rise and Shine! July 9, 16 & 23 August 13 & 20	5 wks	Pearl Cromwell	see pricing on back	

POLICY AND REGISTRATION INFORMATION:

Per Diem: Registered students (taking extra classes) \$ 20

Unregistered students (drop-in) \$ 24

10 drop-in classes (to be used within one year) \$220

Unlimited Yoga for Summer Session \$260**Unlimited Yoga 1 month \$ 165**

Seniors and Full Time Students 10% discount on registered classes only

Predetermined vacation may be deducted for the summer session.**Private classes:** \$90 per hour with Pearl Cromwell, Jacqueline Bouchard or \$405 for 5 booked classes
24 hours notice is required to cancel private classes, or the fee will be charged.

Missed classes may be made up at any time during the term in classes where there is space.

As a courtesy three classes may be carried over as extra classes if the following term is paid for in full.

Late registrations will be pro-rated. We accept debit, cheque or cash.

All prices include HST.**Please note there will be no refunds. There is a \$40 charge on NSF cheques.****Note: The studio will be closed: July 1 & 2; August 5, 6 & 7****and September 2, 3 & 4****Please turn over.....**

UPCOMING EVENTS!

FALL YOGA RETREAT AT SWALLOW'S BRIDGE

With Pearl

October 20, 21 & 22

(Full please contact the studio if you'd like to be on a waiting list)

RISE & SHINE!!

7:30 am to 9:30 am
Sunday July 9, 16 & 23
August 13 & 20

Yes! 7:30 am!!

Pearl

FALL SUNDAY SERIES

9:30 am to 11:30 am
Sept 17 & 24
Oct 15 & 19
Nov 12, 19 & 26
December 3

Any 10 Sunday sessions for \$300, any 5 for \$175 or \$45 each.

Pearl

FALL RESTORATIVE YOGA

Fridays:
7:00 pm – 8:30 pm
Sept 15 to Dec 15
No class Oct 6 & 20

“Because you are supported you do not have to use energy to get energy.
You place yourself in a position to receive energy.” (Donna Farhi: Yoga
Mind Body & Spirit)

Pearl

\$264 all
or
\$27 each

HOLIDAY YOGA CLASSES

Wednesday, December 27
9:30 am to 11:00 am
Thursday, December 28
9:30 am to 11:00 am
11:30 am to 1:00 pm
Saturday, December 30
9:30 am to 11:00 am

For those who wish to continue their yoga practice through the
holiday season. All levels for 9:30 am classes. Gentle/beginning for
Thursday at 11:30.

Drop in students welcome.

Pearl

\$24 each
Or \$20 if
registered
for the fall
or winter
session

More Fall Workshops to be announced soon!

Fall Session September 5 to December 21, 2017