



FALL SESSION

Tuesday, September 5 to Thursday, December 21, 2017

MONDAY	9:30 to 11:00 am	Intermediate	14 wks	Pearl Cromwell	\$280	
	6:30 to 8:00 pm	Intermediate/experienced	14 wks	Pearl Cromwell	280	
TUESDAY	9:30 to 11:00 am	Beginning	16 wks	Pearl Cromwell	\$320	
WEDNESDAY	9:30 to 11:00 am	Intermediate	16 wks	Pearl Cromwell	\$320	
	5:15 to 6:45 pm	Beginning	16 wks	Pearl Cromwell	320	
	7:00 to 8:30 pm	Intermediate	16 wks	Pearl Cromwell	320	
THURSDAY	9:30 to 11:00 am	Experienced	16 wks	Pearl Cromwell	\$320	
	12:00 to 1:30 pm	Beginning/Gentle	16 wks	Pearl Cromwell	320	
	5:45 to 7:15 pm	Intermediate	16 wks	Pearl Cromwell	320	
	7:30 to 9:00 pm	Beginning	16 wks	Pearl Cromwell	320	
FRIDAY	1:30 to 5:00 pm	Private classes. Book with studio				
	7:00 to 8:30 pm	Restorative Yoga Sept 15, 29; Oct 13, 27 Nov 3, 10, 17, 24 Dec 1, 8	10 wks	Pearl Cromwell	240 27	All or Each
SATURDAY	9:00 to 10:30 am	Beginning/Intermediate Yoga for Children Sept 30 , Oct 28 , Nov 25 , Dec 9	14 wks	Jacqueline Bouchard	\$280	
	10:45 to 11:30 am	3 to 5 years old	4 wks	Jacqueline Bouchard	72	
	11:45 to 12:45 pm	6 to 9 years old	4 wks	Shanti Menon	72	
	11:45 to 12:45 pm	10 to 13 years old	4 wks	Jacqueline Bouchard	72	
SUNDAY	9:30 to 11:30 am	Fall Sunday Sessions Sept 17, 24, Oct 15, 29, Nov 12, 19, 26 & Dec 3		Pearl Cromwell	\$175 45	Any 5 or Each

Take a moment to read our policy and registration information. If you have any questions please ask. We'd be happy to answer them for you. Thank you.

POLICY AND REGISTRATION INFORMATION:

Registered Classes: One class per week as stated on the schedule above. Late registrations will be prorated. Missed registered 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 to the next session as extra classes if the following term is paid for in full. Restorative Yoga cannot be used for make-up classes.

Registered students (taking extra classes)	\$ 20
10 class drop in card (to be used within one year)	\$220
Drop in single Yoga class	\$ 24
Drop in Restorative Yoga class	\$ 27

Unlimited Yoga Classes (Unlimited Yoga cannot be used for Restorative Yoga or Sunday Series)

Monthly	\$165
Fall Session	\$550

Seniors and Full Time Students (Registered classes only) 10% discount

Private classes: \$90 per hour
\$405 for 5 private classes

24 hours notice is required to cancel private classes or the fee will be charged.

All prices include HST. We accept debit, cheque or cash. There is a \$40 charge on NSF cheques. There will be no refunds.

Note: The studio will be closed October 8 and 9 for Thanksgiving please turn over.....

UPCOMING EVENTS

FALL YOGA RETREAT AT SWALLOW'S BRIDGE

With Pearl

October 21, 22 & 23

This retreat is full, please contact the studio if you'd like to be on a waiting list.

Fall Sunday Series

9:30 am to 11:30 am

Sept 17 and 24

Oct 15 and 29

Nov 12, 19 and 26

Dec 3

Pearl

Any 5 for \$175.

Or \$45 each.

Restorative Yoga

7:00 pm to 8:30 pm

Sept 15, 29

Oct 13, 27

Nov 3, 10, 17, 24

Dec 1, 8

Pearl

"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) These popular classes fill quickly register early to avoid disappointment. Maximum 6 students. Registration required, you may choose the full session or specific classes.

\$240 all

Or

27 each

'Thanks' 'Giving' Classes

Saturday, October 7

8th Annual 'Thanks' 'Giving' Day Classes for Eden Food for Change!

By Donation

Once again, we pause to celebrate and give thanks, we remember others in need. Please join us for a Thanksgiving Yoga class and help to raise money for Eden Food For Change. See flyer for class schedule. Sign up to secure your space!

HOLIDAY CLASSES

All levels 9:30 am

Wed December 27

Thurs December 28

Sat December 30

Pearl

For those who wish to continue their yoga practice through the holiday.

Drop in students welcome.

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

Beginning 11:30 am

Thurs December 28

Regional Retreat

Spring Yoga Retreat April 6, 7 & 8 2018 and Fall Yoga Retreat October 19, 20 & 21 2018 with Pearl at Swallow's Bridge!

National or International Retreat

Information coming soon!