

Sari Yoga Centre
168 Queen St. S. Suite 210
 Mississauga, Ontario L5M 1K8
 905 858 5948
www.sariyoga.ca
 Pearl Cromwell, Director



WINTER SESSION

Tuesday, January 2 to Thursday, March 29 2018

MONDAY	9:30 am to 11:00 am	Intermediate	11 wks	Pearl Cromwell	\$220	
	11:15 am to 5:00 pm 6:30 pm to 8:00 pm	Private classes Intermediate/Experienced	11 wks	Book with studio Pearl Cromwell	220	
TUESDAY	9:30 am to 11:00 am	Beginning	13 wks	Pearl Cromwell	\$260	
WEDNESDAY	9:30 am to 11:00 am	Intermediate	13 wks	Pearl Cromwell	\$260	New times
	4:45 pm to 6:15 pm	Beginning	13 wks	Pearl Cromwell	260	
	6:30 pm to 8:00 pm	Intermediate	13 wks	Pearl Cromwell	260	
THURSDAY	9:30 am to 11:00 am	Experienced	13 wks	Pearl Cromwell	\$260	
	12:00 pm to 1:30 pm	Beginning/Gentle	13 wks	Pearl Cromwell	260	
	5:45 pm to 7:15 pm	Intermediate	13 wks	Pearl Cromwell	260	
	7:30 pm to 9:00 pm	Beginning	13 wks	Pearl Cromwell	260	
FRIDAY	9:00 am to 10:15 am	Yoga Flow (begin Jan 19)	10 wks	Shelley Dilella and Serina Lewis	\$200	
	1:00 pm to 5:00 pm	Private classes		Book with studio		
	7:00 pm to 8:30 pm	Restorative Yoga (maximum 6 students) Jan 19, 26, Feb 2, 9, 23 and Mar 2, 9, 16, 23	9 wks	Pearl Cromwell	216 27	All Each
SATURDAY	9:00 am to 10:30 am	Beginning/Intermediate Yoga For Children Jan 20, Feb 24 & Mar 24	12 wks	Jacqueline Bouchard	\$240	
	10:45 am to 11:30 am	3 to 5 years old	3 wks	Jacqueline Bouchard	54	All
	11:45 am to 12:45 pm	6 to 9 years old	3 wks	Shanti Menon	54	All
	11:45 am to 12:45 pm	10 to 13 years old	3 wks	Jacqueline Bouchard	54	All
SUNDAY	9:30 am to 11:30 am	<u>Sunday Sessions!</u> Jan 7, 21, 28; Feb 4, 11, 25 and Mar 4, 18, 25 See back for more dates!		Pearl Cromwell	300 175 45	Any 10 Any 5 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. Thank you.

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 Classes (cannot be used for Restorative)
 Monthly \$165
 Winter Session \$465

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

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

Restorative Yoga cannot be used for make-up classes. **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.

Private classes: \$90 per hour with Pearl Cromwell or Jacqueline Bouchard
 \$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, February 19 (Family Day) & March 30, 31 & April 1 (Easter)

UPCOMING EVENTS!

SPRING YOGA RETREAT AT SWALLOW'S BRIDGE

April 6, 7 & 8

Please pick up a brochure for details

Limited space left.

SUNDAY SESSIONS!

Pearl Cromwell

9:30 am – 11:30 am
Jan 7, 21, 28
Feb 4, 11, 25
Mar 4, 18, 25

10 Sunday sessions \$300 (to be used in 2018) or 5 Sunday sessions \$175 or \$45 each
Additional dates for the rest of 2017 are: Apr 22 & 29 May 6, 27; June 3, 10, 24 July 8, 15, 22 (the time in July is 7:30 am to 9:30 am!); September 16, 23, 30; October 14, 28; November 18 & 25; Dec 2 & 9

PERSONAL PRACTICE WORKSHOPS

Pearl Cromwell

\$90 all

1:00 pm to 2:30 pm
Sunday January 28
Sunday February 25
Sunday March 25

How do I begin a home Yoga practice? What asana (poses) should I do? How long should a home practice be? Winter is a reflective time of year and can be an ideal time to begin a home practice. Join me for three Sundays over the winter. Explore ways you can begin a personal Yoga practice, maintain a practice and make Yoga a lifelong part of your health conscious lifestyle.

WINTER MEDITATION

Jacqueline Bouchard

1:00 pm to 2 pm
January 21
February 11
March 18

More info soon!
Registration is for all 3 classes.

\$75 all

CHAKRAS, YOGA & ME

Serina Lewis

\$35

Sunday, March 4
1:00 pm to 3 pm

Spend a cold winter afternoon getting a better knowledge and understanding of chakras. How does this relate to a Yoga practice? Most importantly, how does this relate to your own physical, mental and spiritual growth? Come to your mat for a while meet with like-minded persons and take this experience into your everyday life. Begin a journey of exploration, leave with a warm feeling of fellowship!

Regional Retreats
at Swallows Bridge
with Pearl

Spring Yoga Retreat April 6, 7 & 8
Fall Yoga Retreat October 19, 20 & 21
Yoga retreat for Yoga Teachers or Teacher Trainees
November 23, 24 & 25

National Retreat

**Cape Breton May 11 to May 18! Please pick up a flyer for details.
Limited space left!**