



SPRING SESSION

Monday, April 2 to Thursday, June 28, 2018

MONDAY	9:30 am to 11:00 am	Intermediate	12 wks	Pearl Cromwell	\$240	
	11:15 am to 5:00 pm 6:30 pm to 8:00 pm	Private classes Intermediate/ Experienced	12 wks	Book with studio Pearl Cromwell	240	
TUESDAY	9:30 am to 11:00 am	Beginning	13 wks	Pearl Cromwell	\$260	New
	6:00 pm to 7:15 pm	Nia May 1,8,15,22 & 29	5 wks	Kim Prince	100	
WEDNESDAY	9:30 am to 11:00 am	Intermediate	13 wks	Pearl Cromwell	\$260	
	4:45 pm to 6:15 pm	Beginning	12 wks	Pearl Cromwell	240	
	6:30 pm to 8:00 pm	Intermediate no 4:45 or 6:30 pm class May 16	12 wks	Pearl Cromwell	240	
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 No 7:30 class May 17, 24	11 wks	Pearl Cromwell	220	
FRIDAY	9:30 am to 11:00 am	Yoga Flow April 13 to June 15	10 wks	Shelley Dilella & Serina Lewis	\$200	
	7:00 pm to 8:30 pm	Restorative Yoga April 13, 20 & 27 May 4 & 25 June 1 & 8	7 wks	Pearl Cromwell	168 27	all or each
SATURDAY	9:00 am to 10:30 am	Beginning/Intermediate <u>Yoga for Children</u> April 21, May 26, June 16	11 wks	Jacqueline Bouchard	\$220	
	10:45am to 11:30 am	3 to 5 years old	3 wks	Jacqueline Bouchard	54	all
	11:45 am to 12:45pm	6 to 9 years old	3 wks	Shanti Menon	54	all
	11:45 am to 12:45pm	10 to 13 years old	3 wks	Jacqueline Bouchard	54	all
SUNDAY	9:30 am to 11:30 am	Spring Sunday sessions April 22 & 30, May 6 & 27 June 3, 10 & 24 (details on back)		Pearl Cromwell	see pricing on back	

Take a moment to read our Policy and Registration Info. If you have any questions please ask.
 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:

Monthly Rate \$165
 Spring Session \$460

Unlimited Yoga cannot be used for Restorative classes or Sunday sessions or Nia.

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

Private classes: \$90 per hour with Pearl Cromwell or Jacqueline Bouchard
 or 5 private classes for \$405

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

As a courtesy, missed classes may be made up at any time during the term in classes where there is space.

Restorative Yoga, Nia and Sunday morning classes cannot be used for make-up classes.

Three classes may be carried over as **extra** classes if the following term is paid for in full.

All prices include HST. Late registrations will be pro-rated. **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: May 19, 20 & 21 (Victoria Day), June 30 & July 1 Canada Day
 Please turn over for upcoming workshops and retreats.....**

UPCOMING EVENTS!

FALL YOGA RETREAT AT SWALLOW'S BRIDGE
With Pearl
October 19, 20 & 21

YOGA TEACHER & TEACHER TRAINEE RETREAT
With Pearl
November 23, 24 & 25

Please pick up a brochure for details on the retreats.

SUNDAY MORNING 2 HOUR CLASSES!

Intermediate/Experienced

Pearl

9:30 am to 11:30 pm
April 22 & 29
May 6 & 27
June 3, 10 & 24

Special summer time
7:30 am to 9:30 am!!
July 8, 15 & 22

9:30 am to 11:30 am
September 16, 23 & 30
October 14 & 28
November 18 & 25
December 2 & 9

Any 10 Sunday sessions \$300 or 5 for \$175 or \$40 each

NIA

6:00 pm to 7:15 pm
May 1, 8, 15, 22 & 29

Kim
Prince

format

Nia combines elements of dance, Tai Chi and other mindfulness-based practices in a body-aware fun

Just

led by a certified instructor. No experience necessary.

what

come in barefoot, ready to listen to your own body and experience joy as we explore, unleash and discover

our senses have to tell us.

Summer Session July 2 to August 31, 2018

Info soon for our international retreat in UK May 2019!
Due to popular demand we return to the UK!

