

Sari Yoga Centre
168 Queen St. S. Suite 210

Mississauga, Ontario L5M 1K8
905 858 5948
info@sariyoga.ca
www.sariyoga.ca
Pearl Cromwell, Director



SUMMER SESSION

Monday July 2 to Friday August 31 2018

| | | | | | | |
|------------------|--|---|-------------------------|--|---------------------------|--|
| 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 5:00 pm 6:00 pm to 7:15 pm | Beginning Private classes available. Please book with studio. Nia | 9 wks 9 wks | Pearl Cromwell Kim Prince | \$180 180 | |
| WEDNESDAY | 9:30 am to 11:00 am 6:30 pm to 8:00 pm | Intermediate Beginning/intermediate | 9 wks 9 wks | Pearl Cromwell Pearl Cromwell | \$180 180 | |
| THURSDAY | 9:30 am to 11:00 am 12:00 pm to 1:30 pm 6:30 pm to 8:00 pm | Experienced Beginning/gentle Intermediate | 9 wks 9 wks 9 wks | Pearl Cromwell Pearl Cromwell Pearl Cromwell | \$180 180 180 | |
| FRIDAY | | Private classes available Please book with the studio. | | | | |
| SATURDAY | 9:00 am to 10:30 am | Beginning/Intermediate | 7 wks | Jacqueline Bouchard Pearl Cromwell | \$140 | |
| SUNDAY | 7:30 am to 9:30 am | Rise and Shine! July 8, 15 & 22 | 3 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

5 class summer drop in card (valid for the summer session only) \$110 ****new****

Unlimited Yoga for Summer Session \$260

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

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.

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

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

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: June 30 & July 1; August 4, 5 & 6
and September 1, 2 & 3 Please turn over.....**

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

RISE & SHINE!!

7:30 am to 9:30 am
Sunday July 8, 15 & 22

Yes! 7:30 am!!

Pearl

FALL SUNDAY SERIES

9:30 am to 11:30 am
Sept 16, 23 & 30
Oct 14 & 18
Nov 18
December 2 & 9

Pearl

Any 10 Sunday sessions for \$300, any 5 for \$175 or \$40 each.
(may be carried over to 2019)

FALL RESTORATIVE YOGA

Fridays:
7:00 pm – 8:30 pm
Sept 14 to Dec 14
No class Oct 5 & 19
and Nov 16 & 23

“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

\$240 all
or
\$27 each

HOLIDAY YOGA CLASSES

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

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.

Saturday, December 29
9:30 am to 11:00 am

All levels

Monday, December 31
9:30 to 11:00 am

All levels

Pearl

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

Fall Session September 4 to December 20, 2018

**Due to popular demand we will be returning to the UK!
Information will be available soon for our UK Yoga retreat!**