



## FALL SESSION

Tuesday, September 4 to Thursday, December 20, 2018

<b>MONDAY</b>	9:30 to 11:00 am 6:30 to 8:00 pm	Intermediate Intermediate/ experienced	14 wks 14 wks	Pearl Cromwell Pearl Cromwell	\$280 280	
<b>TUESDAY</b>	9:30 to 11:00 am 6:00 to 7:15 pm	Beginning Nia – Oct 23 to Dec 18	16 wks 9 wks	Pearl Cromwell Kim Prince	\$320 180	
<b>WEDNESDAY</b>	9:30 to 11:00 am 4:45 to 6:15 pm 6:30 to 8:00 pm	Intermediate Beginning 4:45 class starts Sept 19 Intermediate	16 wks 14 wks 16 wks	Pearl Cromwell Pearl Cromwell Pearl Cromwell	\$320 280 320	
<b>THURSDAY</b>	9:30 to 11:00 am 12:00 to 1:30 pm 5:45 to 7:15 pm 7:30 to 9:00 pm	Experienced Beginning/Gentle Intermediate Beginning 7:30 class starts Sept 20	16 wks 16 wks 16 wks 14 wks	Pearl Cromwell Pearl Cromwell Pearl Cromwell Pearl Cromwell	\$320 320 320 280	
<b>FRIDAY</b>	9:30 to 11:00 am 7:00 to 8:30 pm	Yoga Flow Yoga Flow starts Sept 21 Restorative Yoga Sept 14, 21, 28, Oct 12, 26; Nov 2, 9, 30 Dec 7, 14	10 wks 10 wks	Shelley Dilella Pearl Cromwell	\$200 240 27	All or Each
<b>SATURDAY</b>	9:00 to 10:30 am Yoga For Children 10:45 to 11:30 am 11:45 to 12:45 pm 11:45 to 12:45 pm 1:30 to 2:30 pm	Beginning/Intermediate Sept 22, Oct 27, Nov 17 Dec 15 3 to 5 years old 6 to 9 years old 10 to 13 years old Meditation Sept 22, Oct 27, Nov 17, Dec 15	14 wks 4 wks 4 wks 4 wks 4 wks	Jacqueline Bouchard Jacqueline Bouchard Shanti Menon Jacqueline Bouchard Jacqueline Bouchard	\$280 72 72 72 80	
<b>SUNDAY</b>	9:30 to 11:30 am	Fall Sunday Sessions Sept 23, 30 Oct 14, 28 Nov 18 Dec 2, 9		Pearl Cromwell	\$175 40	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

**Unlimited Yoga Classes** (Unlimited Yoga cannot be used for Restorative Yoga, Nia, meditation, retreats, workshops or Sunday sessions)

Monthly \$165

Fall Session \$545

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

**Private classes:** \$90 per hour or \$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 7 and 8 for Thanksgiving

please turn over.....

## **UPCOMING EVENTS**

### Fall Sunday Series

9:30 am to 11:30 am  
Sept 23, 30 Oct 14 & 28  
Nov 18 Dec 2 & 9  
Any 5 for \$175.  
Or \$40 each.

Pearl

### Winter Sunday Series 2019

**Dates available soon!**

### 7 Movement Principles

Pearl

**1:30 pm to 3:30 pm**  
Sept 23 & 30  
Oct 14 & 28  
Nov 4 & 18  
Dec 2

Inspired by the work of Donna Farhi “Yoga, Mind, Body & Spirit” and by the work of Bonnie Bainbridge Cohen “Sensing, Feeling and Action” Body- Mind Centering.  
Each session we will explore a movement concept.  
Maximum 8 students. (please note there are only 2 spaces left)

\$210 all  
Or  
40 each

### ‘Thanks’ ‘Giving’ Classes **October 5 & 6**

### 9<sup>th</sup> Annual ‘Thanks’ ‘Giving’ Day Classes for Eden Food for Change!

By  
Donati  
on

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

Pearl

#### All levels

**9:30 am** Thurs Dec 27  
**9:00 am** Sat Dec 29  
**9:30 am** Mon Dec 31

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

Drop in students welcome for all holiday classes.

#### Beginning

**11:30 am** Thurs Dec 27

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

### Regional Retreats

**Fall Yoga Retreat at Swallow’s Bridge with Pearl  
October 19, 20 & 21**

**Yoga Teacher & Teacher Training Retreat with Pearl  
November 23, 24 & 25**

### International Retreat

**Pick up a flyer for the UK/Scotland trip May 2019!  
Limited space available.**