

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



WINTER SESSION

Wednesday, January 2 to Thursday, April 18 2019

MONDAY	9:30 am to 11:00 am	Intermediate	14 wks	Pearl Cromwell	\$280	
	6:30 pm to 8:00 pm	Intermediate/Experienced	14 wks	Pearl Cromwell	280	
TUESDAY	9:30 am to 11:00 am	Beginning	15 wks	Pearl Cromwell	\$300	
WEDNESDAY	9:30 am to 11:00 am	Intermediate	16 wks	Pearl Cromwell	\$320	
	6:30 pm to 8:00 pm	Intermediate	16 wks	Pearl Cromwell	320	
THURSDAY	9:30 am to 11:00 am	Experienced	16 wks	Pearl Cromwell	\$320	
	12:00 pm to 1:30 pm	Beginning/Gentle	16 wks	Pearl Cromwell	320	
	5:45 pm to 7:15 pm	Intermediate	16 wks	Pearl Cromwell	320	
	7:30 pm to 9:00 pm	Beginning	10 wks	Pearl Cromwell	200	
		7:30 class starts Jan 17				
FRIDAY	7:00 pm to 8:30 pm	Restorative Yoga (maximum 6 students) Jan 11, 18 Feb 1, 8, 22 Mar 1, 15, 22 Apr 5, 12	10 wks	Pearl Cromwell	240 27	All Each
SATURDAY	9:00 am to 10:30 am	Beginning/Intermediate Yoga For Children Jan 19 Feb 9 Mar 23 & Apr 13	15 wks	Jacqueline Bouchard	\$300	
	10:45 am to 11:30 am	3 to 5 years old	4 wks	Jacqueline Bouchard	72	All
	11:45 am to 12:45 pm	6 to 9 years old	4 wks	Shanti Menon	72	All
	11:45 am to 12:45 pm	10 to 13 years old	4 wks	Jacqueline Bouchard	72	All
	1:30 pm to 2:30 pm	Meditation Jan 19, Feb 9 Mar 23 & Apr 13	4 wks	Jacqueline Bouchard	100	All
SUNDAY	9:00 am to 11:00 am	<u>Sunday Sessions!</u> Jan 6, 13, 20 Feb 3, 10, 24 Mar 3, 17 & Apr 7, 14 See back for more dates!		Pearl Cromwell	300 175 40	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 (unlimited Yoga cannot be used for Restorative Yoga, retreats, workshops or Sunday sessions)

Monthly \$165
 Winter Session \$545

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 18 (Family Day) & April 19, 20 & 21 (Easter)

UPCOMING EVENTS!

SPRING YOGA RETREAT AT SWALLOW'S BRIDGE

March 29, 30, 31

Please pick up a brochure for details

Sunday Sessions

Pearl Cromwell

9:30 am – 11:30 am

Jan 6, 13, 20

Feb 3, 10, 24

Mar 3, 17

April 7, 14

10 Sunday sessions \$300 or 5 Sunday sessions \$175 or \$40 each.
Additional dates in 2019. Apr 28 May 5 June 9, 23 July 14, 21, 28 (note time in July is 7:30 am to 9:30 am!); September 15, 22, 29, October 6, 27
November 17 24 Dec 1

7 Movement Principles

Pearl Cromwell

1:00 pm to 3:00 pm

January 6, 13, 20

February 3, 10, 24

March 3

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.

\$210 all
Or
40 each

Yoga Sutras

Pearl Cromwell

1:00 to 3:00

Saturday Jan 26, Feb 9
and Feb 23

Sunday Mar 10, Mar 24,
Apr 7 and Apr 28

See flyer for more details. The *Yoga Sutras of Patanjali* are a collection of 196 sutras (threads or aphorisms) on the theory and practice of Yoga. This course is appropriate as an introduction to the Yoga Sutras for interest or to revisit the Yoga Sutras. The series is a mandatory course for a future Yoga teacher training course. Registration is for all 7 sessions.

\$245 all

Chakras Series

Jacqueline Bouchard

More info available soon.

More workshops and information coming soon.

**Regional Retreats
at Swallows Bridge
with Pearl**

Spring Yoga Retreat March 29, 30 & 31 (2 spaces left)

Summer Yoga Retreat August 9, 10 & 11 **NEW**

Fall Yoga Retreat November 1, 2 & 3

International Retreat

Pick up a flyer for the UK/Scotland trip May 2019!