

Sari Yoga Centre  
 168 Queen St. S. Suite 210  
 Mississauga, Ontario L5M 1K8  
 905 858 5948  
[www.sariyoga.ca](http://www.sariyoga.ca)  
 Pearl Cromwell, Director



## FALL SESSION

Tuesday, September 3 to Thursday, December 21, 2019

MONDAY	9:30 to 11:00 am	Intermediate	14 wks	Pearl Cromwell	\$280	
	6:30 to 8:00 pm	Intermediate/experienced	14 wks	Pearl Cromwell	280	
TUESDAY	9:30 to 11:00 am	Beginning	16 wks	Pearl Cromwell	\$320	New
	6:30 to 8:00 pm	Focus on Chakras Yoga 6:30 pm class begins Sept 10	7 wks	Serina Lewis	140	
WEDNESDAY	9:30 to 11:00 am	Intermediate	16 wks	Pearl Cromwell	\$320	
	6:30 to 8:00 pm	Intermediate	16 wks	Pearl Cromwell	320	
THURSDAY	9:30 to 11:00 am	Experienced	16 wks	Pearl Cromwell	\$320	
	12:00 to 1:30 pm	Beginning/Gentle	16 wks	Pearl Cromwell	320	
	5:45 to 7:15 pm	Intermediate	15 wks	Pearl Cromwell	300	
	7:30 to 9:00 pm	Beginning	10 wks	Pearl Cromwell	200	
		7:30 class starts Sept 26 No 5:45 or 7:30 class on Oct 31				
FRIDAY	7:00 to 8:30 pm	Restorative Yoga Sept 27, Oct 4, 18 & 25, Nov 8, 15 & 29, Dec 6, 13 & 20	10 wks	Pearl Cromwell	240	All or Each
SATURDAY	9:00 to 10:30 am	Beginning/Intermediate	15 wks	Jacqueline Bouchard	\$300	
	<u>Yoga For Children</u>	Sept 21, Oct 19, Nov 30 Dec 14				
	10:45 to 11:30 am	3 to 5 years old	4 wks	Jacqueline Bouchard	72	
	11:45 to 12:45 pm	6 to 9 years old	4 wks	and	72	
	11:45 to 12:45 pm	10 to 13 years old	4 wks	Shanti Menon	72	
	<u>Meditation</u> 1:30 to 2:30 pm	Sept 21, Oct 26 (11:00), Nov 30, Dec 14		Jacqueline Bouchard	100	
SUNDAY	9:30 to 11:30 am	Fall Sunday Sessions Sept 22, 29 Oct 6, 27 Nov 17, 24 Dec 1		Pearl Cromwell	\$175	Any 5 or Each
					35	

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 pro-rated. 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, meditation, retreats, workshops or Sunday sessions)

Monthly \$165

Fall Session \$545

Seniors (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 \$50 charge on NSF cheques. There will be no refunds.

Note: The studio will be closed October 13 & 14 for Thanksgiving

please turn over.....

## UPCOMING EVENTS

### Fall Sunday Series

9:30 am to 11:30 am

Sept 22, 29 Oct 6 & 27

Nov 17 & 24 Dec 1

Pearl

Any 5 for \$175

or \$40 each.

### Focus on Chakras

#### Yoga

Sept 10, 17, 24 &

Oct 1, 8, 15, 22

Serina Lewis

\$140 all

“A chakra is a chamber in the temple of the body that receives, assimilates and transmits life force energy.” Use appropriate asanas, pranayama and bija mantras to awaken and balance your chakras. Registration is for all seven classes – each one focusing on a particular chakra.

### Moon Salutation

November 10

9:00 to 11:30

Pearl

\$40

In this workshop we will explore each pose and transition in Moon Salutation to create ease and fluidity when we move through the entire sequence.

### Bhagavad Gita Study

#### Group

1:00 pm to 3:00 pm

Sept 22 & 29

Oct 6 & 27

Nov 10, 17 & 24

Dec 1

Pearl

\$280 all

This study group inspires discussion. It is therefore beneficial to have more than one translation of the Bhagavad Gita. One copy which allows everyone to follow along with ease and one to further enhance our discussion. **Please purchase or borrow Bhagavad Gita: A New Translation by Stephen Mitchell and one other translation of your choice for this series.**

### 'Thanks' 'Giving'

#### Classes

October 11 & 12

### 10<sup>th</sup> Annual 'Thanks' 'Giving' Day Classes for Eden Food for Change!

By  
Donation

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

Dec 23 9:30 All levels

Dec 23 11:30 Beginning

Dec 27 6:30 Restorative

Dec 28 9:30 All levels

Dec 30 9:30 All levels

Dec 30 11:30 Beginning

Dec 30 6:30 All levels

Jan 2 9:30 All levels

Jan 2 11:30 Beginning

Jan 2 6:30 All levels

Jan 4 9:30 All levels

Pearl

Holiday Yoga classes all levels and beginning \$20 each if registered for the fall or winter session or \$24 if unregistered. Restorative Yoga \$25.

Drop in students welcome for all holiday classes.

### Regional Retreats

Fall Yoga Retreat at Swallow's Bridge with Pearl

November 1, 2 & 3

### International Retreat

Info available soon for Portugal 2020!