

**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



## WINTER SESSION

**Monday, January 6 to Thursday, April 9 2020**

*Class cancellations due to inclement weather will be announced on the studio voice message (905 858 5948) at least 1 hour before class is to begin.*

MONDAY	9:30 am to 11:00 am	Intermediate	13 wks	Pearl Cromwell	\$273	
	6:30 pm to 8:00 pm	Intermediate/Experienced	13 wks	Pearl Cromwell	273	
TUESDAY	9:30 am to 11:00 am	Beginning	14 wks	Pearl Cromwell	\$294	
WEDNESDAY	9:30 am to 11:00 am	Intermediate	14 wks	Pearl Cromwell	\$294	
	6:30 pm to 8:00 pm	Beginning/Intermediate	14 wks	Pearl Cromwell	294	
THURSDAY	9:30 am to 11:00 am	Experienced	14 wks	Pearl Cromwell	\$294	
	12:00 pm to 1:30 pm	Beginning/Gentle	14 wks	Pearl Cromwell	294	
	2:30 pm to 4:30 pm	Yoga Sutras (turn page for dates)	7 wks	Pearl Cromwell	252	New
	5:45 pm to 7:15 pm	Intermediate	14 wks	Pearl Cromwell	294	
FRIDAY	7:30 pm to 9:00 pm	Beginning (starts Jan 16)	10 wks	Pearl Cromwell	210	
	7:00 pm to 8:30 pm	Restorative Yoga (maximum 6 students) Jan 17, 24, 31 Feb 7, 21 & 28 Mar 6, 13, 20 & 27	10 wks	Pearl Cromwell	250 28	All Each
SATURDAY	9:00 am to 10:30 am	Beginning/Intermediate	13 wks	Jacqueline Bouchard	\$273	
		Yoga For Children: Jan 11 Feb 8 & Mar 21	3 wks	Jacqueline Bouchard	54	All
	10:45 am to 11:30 am	3 to 5 years old	3 wks	Shanti Menon	54	All
	11:45 am to 12:45pm	6 to 9 years old	3 wks	Jacqueline Bouchard	54	All
	11:45 am to 12:45pm	10 to 13 years old				
	1:30 pm to 2:30 pm	Meditation Jan 11, Feb 8 Mar 21	3 wks	Jacqueline Bouchard	78	All
SUNDAY	9:30 am to 11:30 am	Sunday Sessions Jan 12, 19, 26 Feb 2, 9, 23 Mar 1, 15, 22 See back for more dates!		Pearl Cromwell	310 180 41	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) \$ 21  
 Unregistered students (drop-in) \$ 25  
 10 drop-in classes (to be used within one year) \$230

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

Monthly \$170  
 Winter Session \$505

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 \$50 charge on NSF cheques.**

**There will be no refunds**

**Note: The studio will be closed, February 17 (Family Day) & April 10, 11 & 12 (Easter)**

## **UPCOMING EVENTS!**

### **SPRING YOGA RETREAT AT SWALLOW'S BRIDGE**

**April 3, 4 & 5**

*Please pick up a brochure for details*

#### **Sunday Sessions**

Pearl Cromwell

9:30 am – 11:30 am

Jan 12, 19, 26

Feb 2, 9, 23

Mar 1, 15, 22

10 Sunday sessions \$310 or 5 Sunday sessions \$180 or \$41 each.

Additional dates in 2020; April 19, 26 May 3 & 31 June 7, 14, 28

September 13, 20, 27 October 4, 18, 25 November 22, 29 Dec 6

#### **Bhagavad Gita Study Group**

Pearl Cromwell

1:00 pm to 3:00 pm

January 19, 26

February 2, 9, 23

March 1, 15, 22

This study group's intent is to inspire 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.**

\$288 all

#### **Yoga Sutras**

2:30 to 4:30

Thursday afternoon:

Jan 16 & 30 Feb 6, 13 &

20 Mar 5 & 19

Pearl Cromwell

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. Registration is for all 7 sessions.

\$252 all

#### **Chakras Series**

Jacqueline Bouchard

More info available soon for the spring session!

#### **Regional Retreats at Swallows Bridge with Pearl**

**Spring Yoga Retreat April 3, 4, 5**

**Fall Yoga Retreat November 6, 7 & 8**

#### **International Retreat**

**Pick up a flyer for the Portugal trip May 2020!  
(2 spaces left)**