

Living Yoga & Health



We provide a quiet place to rediscover yourself in an atmosphere of non-competition and self-acceptance.

Rates

Unlimited One-Month Membership \$125

(discounts and workshops do not apply)

12-week registration \$168/120 (1 hour)

11-week registration. \$154

10-week registration \$140/100 (1 hour)

9-week registration \$126

Drop-in Class. \$17

Extra Class or one-hour drop-in class \$14

Punch Card (10 classes in 6 months) \$165

Private Class (1 hour) sliding scale \$90-\$65

(24-hour cancellation notice is required.)

Scholarship rate \$5/class by prior arrangement only. All prices include GST.

DISCOUNTS

Students and seniors receive a 10% discount on registered classes. Those registered in more than one class per week receive a 15% discount on the second class. There is also a 15% discount for a second registered family member. Subsequent family members receive a 10% discount on registered classes.

POLICIES

- Missed classes can be made up at any time within the registration period.
- Late registrations will be adjusted accordingly.
- Registrations are non-transferable.
- Drop-in students are welcome, space permitting.
- There are no refunds.



Yoga Studio at 105 Wyndham St. N.

Downtown Guelph

Phone: 519-767-1041

www.livingyoga.ca · info@livingyoga.ca



WORKSHOPS

Pre-registration is required

April

10 | Backbends

11 | Kids' Yoga Workshop

18 | Yoga for Office Workers

23-25 | Diane Long Workshop

May

1 | Yoga for Better Bones

2 | Kids' Yoga Workshop

Partner Yoga

8 | Shoulder Opening

16 | Developing a Home Practice

June

4-6 | Spring Yoga Retreat

6 | Kids' Yoga Workshop

6 | Vinyasa Yoga Flow

12 | Hip Opening

13 | Yoga for a Better Back



Spring Schedule 2010

Classes run from April 6 to June 26.

Unlimited
One-Month
Membership
Only \$125

MONDAY

10 - 11:30 am · 10 wk
Yoga Over 50
& Gentle · Lisa

Noon - 1:00 pm · 10 wk
All Levels · Gina

5:45 - 7:15 pm · 10 wk
Intermediate · Lisa

5:45 - 7:15 pm · 10 wk
Pre-Natal · Claudia

7:30 - 9:00 pm · 10 wk
Beginner Yoga
& Meditation
Claudia

Starts April 12.

No classes April 5
or May 24.

TUESDAY

6:30 - 7:45 am · 12 wk
Sunrise Yoga · Jayelle

9:30 - 11 am · 12 wk
Intermediate
Women · Jayelle

10:00 - 11:30 am · 12 wk
Yoga Over 50 · Lori

1 pm - 2 pm
All Levels · Lori

NEW 5:45 - 7:15 pm · 12 wk
Beginner
Jacqueline

NEW 5:45 - 7:15 pm · 11 wk
Starts April 13
Vinyasa
Amy

7:30 - 9 pm · 12 wk
Beginner · Lisa

7:30 - 9 pm · 12 wk
Intermediate
Jacqueline

WEDNESDAY

NEW 9:30 - 11:00 am
12 wk
All Levels · Lisa

NEW Noon - 1:00 pm
12 wk
Posture Class
Jayelle

5:45 - 7:15 pm · 12 wk
Beginner/Cont.
Lisa

5:45 - 7:15 pm · 12 wk
Yoga Over 50 · Jayelle

7:30 - 9:00 pm · 12 wk
Intermediate · Lisa

7:30 - 9:00 pm · 12 wk
Beginner · Jacqueline

THURSDAY

NEW 8:00 - 9:15 am
12 wk
All Levels
Jacqueline

NEW 9:30 - 11:00 am
12 wk
Beginner/Cont.
Jacqueline

9:30 - 11:00 am · 12 wk
Baby & Me · Claudia

2:00 - 3:30 pm · 12 wk
Yoga Over 50 · Jayelle

4:30 - 5:30 pm
4 wk · \$40
Yoga for Teens · Lori

NEW 5:45 - 6:45 pm · 12 wk
Posture Class
Gina

5:45 - 7:15 pm · 12 wk
Intermediate
Jacqueline

7:30 - 9:00 pm · 12 wk
Advanced · Jayelle

FRIDAY

9:30 - 11:00 am · 12 wk
Continuing/Inter.
Lisa

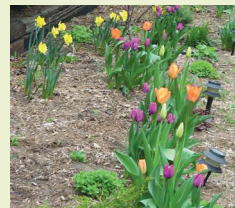
NEW Noon - 1 pm · 12 wk
All Levels · Lisa

NEW 3 - 4 pm · 12 wk
Parents Do Yoga
Too · Jayelle
Free Childcare!

SATURDAY

8:30 - 9:45 am · 11 wk
Intermediate/
Advanced · Jacqueline

10:00 - 11:30 am · 11 wk
All Levels · Jacqueline



SUNDAY

7 - 8:30 pm · 9 wk
Yoga & Meditation
Amy

No classes May 22 or 23.



Special group or private
classes are available in
or out of the studio - ask
for details.

More info at
livingyoga.ca
or 519-767-1041