

Living Yoga & Health

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

Rates not including HST.

Unlimited One-Month Membership\$135
(Discounts and workshops do not apply)

14-week registration\$196 / 140 (1 hour)

13-week registration\$182 / 130 (1 hour)

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

7-week registration \$98 / 70 (1 hour)

6-week registration \$84 / 60 (1 hour)

Drop-in Class..... \$17

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

Punch Card (10 classes in 6 months) . \$165 / \$135 (1 hour)

Private Class (1 hour) sliding scale \$65-\$100
(24-hour cancellation notice is required.)

Scholarship rate \$5-10/class by prior arrangement only.

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

livingyoga.ca · info@livingyoga.ca

Winter Workshops

January

- 7 | Intro to Yoga
- 15 | Integrating the Pelvis and Hips
- 22 | Kids' Yoga
| Yoga for Better Breathing

February

- 5-26 | February Cleanse
- 5 | Emotional Yoga
- 12 | Kids' Yoga
| Developing a Home Practice
- 18 | Yoga for Better Bones I
- 20 | Family Yoga

March

- 3 | Yoga for Better Bones II
- 4 | Kids' Yoga
| Chakra Yoga
- 11 | Integrating the Neck
and Shoulders
- 18 | Yoga for the Low Back
- 25 | Inside, Outside, Upside
Down
- 25 | Yoga For Childbirth

Pre-registration is recommended.



Winter 2012

Classes run from January 3 to April 5.
No classes February 20.



Unlimited
One-Month
Yoga \$135

MONDAY

10:00 – 11:00 am
12 wks **NEW**
Yoga Tots · Lisa G

10 – 11:30 am · 12 wks
Yoga Over 50
& Gentle · Lisa

12:05 – 12:55 pm
12 wks **NEW**
Yoga at Noon
Crystal

5:45 – 7:15 pm · 12 wks
Intermediate · Lisa

5:45 – 7:15 pm · 12 wks
Pre-Natal · Claudia

7:30 – 9 pm · 6/6 wks
Starts Jan 9 / Feb 27
Beginner Yoga · Lisa

7:30 – 8:30 pm · 6/6 wks
Starts Jan 9 / Feb 27
Yoga Dance **NEW**
Lisa G.

TUESDAY

6:30 – 7:45 am · 14 wks
Sunrise Yoga · Jayelle

9:30 – 11 am · 14 wks
Intermediate Women
Jayelle

10 – 11:30 am · 14 wks
Yoga Over 50
Jacqueline

5:45 – 7:15 pm
14 wks **NEW**
Yoga Over 50
Jayelle

5:45 – 7:15 pm · 14 wks
Beginner/
Continuing
Jacqueline

7:30 – 9 pm · 14 wks
Intermediate
Jacqueline

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

WEDNESDAY

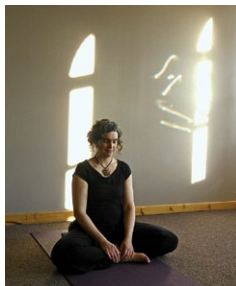
10 – 11:30 am · 14 wks
Salutations Crystal

12:05 – 12:55 pm
14 wks **NEW**
Yoga at Noon
Crystal

5:45 – 7:15 pm · 14 wks
Beginner/Continuing
Lisa

7:30 – 9 pm · 14 wks
Intermediate · Lisa

7:30 – 9 pm · 7/7 wks
Starts Jan 4 / Feb 22
Beginner · Jacqueline



THURSDAY

9:30 – 11 am · 7/7 wks
Starts Jan 5 / Feb 23
Beginner
Jacqueline

9:30 – 11 am · 14 wks
Yoga Babies **NEW**
Claudia

12:05 – 12:55 pm
14 wks **NEW**
Yoga at Noon
Jacqueline

2 – 3:30 pm · 14 wks
Yoga Over 50 · Jayelle

5:45 – 7:15 pm
14 wks
Yoga & Meditation
Lisa

5:45 – 7:15 pm · 14 wks
Intermediate · Jayelle

7:30 – 8:30 pm · 14 wks
Prenatal Yoga
Claudia

7:30 – 9 pm · 14 wks
Going Deeper
Jayelle

FRIDAY

9:30 – 11 am · 13 wks
Continuing/
Intermediate · Lisa

12:05 – 12:55 pm **NEW**
13 wks
Yoga at Noon · Lisa

3:30 – 5:00 pm **NEW**
TBA
Quieter Practices
Various

SATURDAY

8:30 – 9:45 am · 13 wks
Intermediate/
Advanced · Jacqueline

10 – 11:30 am · 13 wks
All Levels · Jacqueline

10:30 am – 11:30 am
Jan 7 · Feb 18 · Mar. 3
Intro to Yoga **NEW**
Jayelle
By donation

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



OPEN HOUSE MONDAY JANUARY 2
FREE CLASSES · PRIZES · REFRESHMENTS