



905-682-4469 • www.yogabysarah.com

20 Grote St., St. Catharines

Across from the Fairview Mall, behind Dairy Queen

SPRING 2010 Schedule

Drop-In Class Schedule – Commencing March 22, 2010

Sunday

10:00a	Vinyasa Flow (non hot)	Inter/Adv	Allison/Stacey	Studio: Prana
10:00a	Hatha Yoga	All Level	Darlene	Studio: Shakti
11:30a	Hot Vinyasa Flow	All Level	Darlene	Studio: Shakti
1:00p	Hot Vinyasa Flow	All Level	Darlene	Studio: Shakti

Monday

9:45a	Hatha Yoga	All Level	Sarah	Studio: Shakti
5:30p	Hatha Yoga	All Level	Sarah	Studio: Prana
5:30p	Hot Vinyasa Flow	All Level	Darlene	Studio: Shakti
7:00p	Hot Vinyasa Flow	All Level	Sarah	Studio: Shakti
8:30p	Hatha Yoga – Prep	Beginner	Amanda	Studio: Prana

Tuesday

10:30a	Hatha Yoga	All Level	Amanda	Studio: Prana
5:30p	Vinyasa Flow (non hot)	All Level	Andrea	Studio: Shakti
7:00p	Hatha Yoga	All Level	Andrea	Studio: Prana
7:00p	Hot Vinyasa Flow	All Level	Angela	Studio: Shakti

Wednesday

9:45a	Hatha Yoga	All Level	Amanda	Studio: Prana
9:45a	Hot Vinyasa Flow	All Level	Angela	Studio: Shakti
5:30p	Hot Vinyasa Flow	All Level	Darlene	Studio: Shakti
7:00p	Hot Vinyasa Flow – Prep	Beginner	Sarah/Darlene	Studio: Shakti
8:20p	Hatha Yoga	All Level	Sarah/Darlene	Studio: Prana

Thursday

9:45a	Hatha Yoga	All Level	Angela	Studio: Prana
5:30p	Hatha Yoga	All Level	Tara	Studio: Prana
5:30p	Hot Vinyasa Flow	All Level	Sarah	Studio: Shakti
7:00p	Hot Vinyasa Flow	All Level	Tara	Studio: Shakti

Friday

9:45a	Hatha Yoga	All Level	Sarah	Studio: Prana
9:45a	Hot Vinyasa Flow	All Level	Angela	Studio: Shakti
6:00p	Hatha Yoga	All Level	Amanda	Studio: Prana

Saturday

9:30a	Hatha Yoga	Intermediate	Various Instructors	Studio: Shakti
11:00a	Hot Vinyasa Flow	All Level	Various Instructors	Studio: Shakti

Pre-Registered Class Schedule

8 week session: March 22 – May 15, 2010

Monday

9:45a	Pilates	Beg/Int	Sarah F.	Studio: Prana
7:00p	Prenatal Yoga		Angela	Studio: Prana

Tuesday

1:00p	Baby & Mom Yoga		Angela	Studio: Prana
5:30p	Pilates	Beginner	Karen	Studio: Prana
8:30p	Prenatal Yoga		Angela	Studio: Prana

Wednesday

1:15p	60+ Gentle Yoga		Brier	Studio: Prana
4:30p	Prenatal Yoga		Angela	Studio: Prana
6:00p	Pilates	Beg/Int	Sarah F.	Studio: Prana
7:10p	Pilates	Advanced	Sarah F.	Studio: Prana

Thursday

1:00p	Baby & Mom Yoga		Angela	Studio: Prana
7:00p	Hatha Yoga	Beginner * start date: April 1 *	Sarah	Studio: Prana

Saturday

9:45a	Pilates	Advanced Power	Sarah F.	Studio: Prana
11:00a	Prenatal Yoga		Angela	Studio: Prana

Fees to Drop-In Schedule

1 Year Unlimited	\$840	\$70/month
6 Month Unlimited	\$480	\$80/month
3 Month Unlimited	\$260	\$86/month
1 Month Unlimited	\$100	
20 Class Pass (To be used within 1 year)	\$250	\$12.50/class
10 Class Pass (To be used within 6 months)	\$135	\$13.50/class
5 Class Pass (To be used within 6 months)	\$75	\$15/class
Single Drop-in Class	\$17	

* Above prices do not include GST

Students / Seniors (over 60) – 10% off

Family Discount – 10% off each member of the same household

Fees to

Pre-Registered Class Schedule

8 week session

March 22 – May 15, 2010

1 x Weekly for 8 week session	\$135 + GST
2 x Weekly for 8 week session	\$225 + GST
3 x Weekly for 8 week session	\$300 + GST
4 x Weekly for 8 week session	\$350 + GST

Payments can be made by

Cash, Cheque, Debit, Visa, Mastercard or American Express.

Flexible payment arrangements can be made on the longer term packages

Drop-In Class Descriptions

• Hatha Yoga

This gentle to mid-paced class focuses on using the breath in combination with the yoga postures (asanas) to allow the body to open and start to release tension, tightness and stress. This class will encourage development of strength, balance, coordination and flexibility of your body, mind and spirit.

• Vinyasa Flow Yoga

This dynamic, quicker paced, flowing and Sun Salutation based class will challenge you all on all levels. A Great class for those of you looking to build strength, flexibility, endurance and awareness of your body.

• Hot Vinyasa Flow Yoga

A vigorous Vinyasa Flow class in a room heated to 100 degrees. This extra heat will help to promote more flexibility, and the extra sweating will help rid the body of toxins. Please bring your own mat and towel for this class!

• Beginner Prep

For complete beginners, this is an introductory class to that particular style of yoga which will explain, demonstrate and teach you some basic poses, modifications, philosophy and yoga etiquette. As this is a workshop style class, you are encouraged to ask questions. A great class to come to once or twice before you join the All Level classes.

• All Level Classes

Suitable for everyone from beginner to advanced. These classes will give you options to modify it or to make it more challenging to suit where you are at. Everyone is encouraged to work at their own pace.

• Intermediate / Advanced

For those who have taken the All Level Classes for a period of time and you feel comfortable with the basics and are ready to challenge yourself further.

Pre-Registered Class Descriptions

• Beginner Hatha Yoga

The basics of Hatha yoga will be explored in a progressive and

logical manner. Great for those new to yoga, as well as those wishing to explore form and alignment. These 8 weeks will empower you to comfortably and safely join our "Drop In" Hatha Classes. 70 mins.

• Prenatal Yoga

Our prenatal yoga classes provide a combination of simple and effective exercises specifically geared to strengthening and relaxing the pregnant, rapidly changing body. Yoga during any stage of pregnancy can help to increase flexibility, improve circulation, and relieve common problems and discomforts associated with pregnancy. 90 mins.

• Baby & Mom Yoga

Yoga for you and your baby. A supportive environment to learn yoga, recover from childbirth and bond with your baby. 90 mins.

• 60+ Gentle Yoga

This gentle class allows almost anyone to participate in yoga, regardless of age or physical condition. Many of the postures will be done in chairs, or using chairs as a support. Increase your flexibility, balance, strength, coordination, and circulation.

• Beginner Pilates

Will introduce you to the fundamental principles of the Pilates method, and the basic exercises. You will embrace upon functional movement and body awareness to improve upon strength, posture and flexibility. This is a starting point for everyone -from the "unfit" to the high performance athlete.

• Beginner/Intermediate Pilates

This class will progress more quickly than a beginner class. We will stick to the basics but with modifications to make the exercises more challenging.

• Advanced Pilates

Is a great class for those who know the basics and need more of a challenge. This is a technique driven full body workout that will make you sweat.

• Advanced Power Pilates

Is all about moving - an exhilarating workout that also challenges endurance.

