



Balanced Life Yoga Ajax January 2 to March 31, 2012

Time	Class	Teacher	Format
Monday			
10:00-11:15 am	Yoga for Women	Debbie	Drop-in
2:00-5:00 pm	Dr. Yoga / Private Yoga / Reiki	Susan	Call to book
5:15-6:30 pm	Deep Tension Release Therapeutic Yoga	Susan	Drop-in
6:30-7:30 pm	Power Hour Yoga	Adrienne	Drop-in
6:30-7:45 pm	Chakra Flow Yoga	Shasta	Drop-in
7:45-8:45 pm	Beginner Yoga I January 9-February 27	Katie	Pre-register
8:00-9:00 pm	Beginner Yoga II January 9-February 27	Laura A	Pre-register
Tuesday			
9:30-10:30 am	Power Hour Yoga	Angelica	Drop-in
11 am -12 pm	Mom & Baby Bootcamp Yoga January 10-February 28	Shawna	Pre-register
1:00-6:00 pm	Dr. Yoga Private Yoga /Intuitive Energy/ Life Coaching	Shasta	Call to book
5:15-6:30 pm	Chakra Flow Yoga	Angela	Drop-in
6:30-7:45 pm	Fire & Water: Vinyasa & Restorative	Shasta	Drop-in
6:30-7:30 pm	Intro to Yoga January 10-31	Angela	Pre-register
6:30-7:30 pm	Beginner Yoga I February 7-March 27	Angela	Pre-register
7:45-9:00 pm	Power Hour Plus Bonus	Adrienne	Drop-in
8:00-9:00 pm	Super-Power Brain – Meditation & Mind Training January 24-February 28	Shasta	Pre-register
Wednesday			
10:00-11:15 am	Gentle Yoga and Guided Meditation	Helen	Drop-in
5:15-6:15 pm	Intro to Yoga January 4-25	Katie	Pre-register
5:15-6:15 pm	Beginner Yoga I February 8-March 28	Katie	Pre-register
5:30-9:30 pm	Holistic Nutritional Coaching/Ion Foot Detox	Adrienne	Call to book
6:30-7:30 pm	Beginner Yoga II January 4-February 22	Christy	Pre-register
6:30-7:30 pm	Power Hour Yoga	Krista	Drop-in
7:30-8:30 pm	Prenatal Yoga January 4-February 22	Krista	Pre-register
7:45-9:00 pm	Gentle Yoga	Christy	Drop-in
Thursday			
9:30-10:45 am	Fire & Water: Vinyasa & Restorative Yoga	Shasta	Drop-in
1:00-6:00 pm	Dr. Yoga Private Yoga /Intuitive Energy/ Life Coaching	Shasta	Call to book
5:15-6:30 pm	Chakra Flow Yoga	Helen	Drop-in
6:30-7:30 pm	Prenatal Yoga January 12-March 1	Shawna	Pre-register
6:30-7:45 pm	EMPower Yoga	Angela	Drop-in
7:45-9:00 pm	Restorative Yoga	Susan	Drop-in
8:00-9:00 pm	Yoga for Jocks January 12- March 1	Shawna	Pre-register
Friday			
10:00-11:15 am	Gentle Yoga	Debbie	Drop-in
6:30-7:30 pm	Power Hour Yoga	Shawna	Drop-in
7:30-9:00 pm	Freedom Fridays / Teacher Training	Various	Pre-register
Saturday			
8:00-9:00 am	Core-rageous; 40 Days to Personal Power	Adrienne	Pre-register
9:00-9:50 am	Body-licious: Detox & Body Balance Cleanse	Adrienne	Pre-register
10:00-11:15 am	EMPower Yoga	Shasta	Drop-in
Afternoon	Wellness Workshops / Teacher Training	Various	Pre-register
Sunday			
8:00-9:00 am	Creating Space: Yoga for Conception Jan. 22-March 11	Susan	Pre-register
9:30-10:45 am	Gentle Yoga	Susan	Drop-in
11 am-12:00 pm	Power Hour + Bonus	Adrienne/Krista	Drop-in
11 am-12:00 pm	Yoga Kids January 8-February 26	Laura A	Pre-register
Afternoon	Wellness Workshops / Teacher Training	Various	Pre-register

Balanced Life Yoga Ajax 235 Salem Road – 2nd floor, Ajax, ON **905-428-2300**

Email: possibility@balancedlifeyoga.ca Website: www.balancedlifeyoga.ca

Drop-in Class Tuition: *(fees subject to HST. Drop in series expire one year from purchase)*

Annual Pass	\$1240	90-Day Pass	\$360	30-Day Pass	\$140	Bliss Pass	\$90
20 Class Pass	\$250	10 Class Pass	\$140	5 Class Pass	\$75		
1 Class	\$17	Students w/id	\$12	TRY ME Pass: 7 days \$20 <i>(new students only)</i>			

Balanced Life Yoga Pre-registered Classes

Intro to Yoga:

A great mini intro to yoga. We give you all the basics in a fun and welcoming class. Cost: 4 classes \$50

- **Wednesdays** 5:15-6:15 pm January 4-25 with Katie
- **Tuesdays** 6:30-7:30 pm January 10-31 with Angela

Beginner Yoga I: A wonderful way to dive deep into the fundamentals of yoga and begin your own practice.

Gain the confidence and skills to come to any class thanks to this training. Cost: 8 weeks \$99

- **Mondays** 7:45-8:45 pm January 9-February 27 with Katie
- **Tuesdays** 6:30-7:30 pm February 7-March 27 with Angela
- **Wednesdays** 5:15-6:15 pm February 8-March 28 with Katie

Beginner Yoga II: Continue to develop and refine your alignment and stability as you journey deeper into your practice with ease and joy. A great follow-up to Beginner Yoga, or students looking for fundamentals. \$99

- **Wednesdays** 6:30-7:30 pm January 4-February 22 with Christy
- **Mondays** 8:00-9:00 pm January 9-February 27 with Laura

Yoga for Jocks

Yoga is the key to building endurance, strength and recovering from and avoiding injuries. This course is designed especially for runners, jocks and other athletic types who like to build strength, stamina and learn ways to stay healthy and fit. Great class for beginners or "inflexible" bodies. 8 weeks: \$99

- **Thursdays** 8:00-9:00 pm January 12- March 1 with Shawna

Creating Space – Yoga for Conception

If you have a goal to get pregnant, you are in the right class. Yoga has been shown to have great results! This therapeutic class helps you make the holistic connection between your body, mind, emotions and spirit. \$99

- **Sundays** 8:00-9:00 am January 22- March 11 with Susan

Prenatal Yoga: Prepare for birth and motherhood with yoga postures and breathing that strengthens muscles needed for birth, release tension and increase relaxation. Suitable for any stage of pregnancy. 8 weeks \$99

- **Wednesdays** 7:30-8:30 pm January 4-February 22 with Krista
- **Thursdays** 6:30-7:30 pm January 12-March 1 with Shawna

Mom & Baby Yoga Boot Camp: Strengthen muscles that tend to get weak and stretched with pregnancy and post partum activities. Feel stronger, more energetic and start sharing a healthy lifestyle with baby! \$99

- **Tuesdays** 11:00 am-12:00 pm January 10-February 28 with Shawna

Yoga for Kids (Ages 4-9) This class offers fun poses, games, breath work and meditations that will empower kids to feel strong, happy and free. Yoga has been shown to aid in cognitive development, cooperative learning and social skills. The class coincides with the all-levels Power Hour. Drop-in \$12 per class or 8 classes for \$80

- **Sundays** 11:00 am-12 noon January 8-February 26 (8 classes \$80) with Laura A

Core-rageous 40-Days to Personal Power Strength Training with Adrienne

Break down barriers. Feel strong inside and out. Connect to the core of who you are!! This strength training class is like having a personal trainer for half the cost and with no yelling! Connect deeper to your core, increase metabolism, strength and endurance while supporting your life, your yoga and your self. This class is also perfectly paired with the Body-liscious 40-day Detox- save \$25 if you register for both – only \$149 rather than \$174. **Saturday January 21-February 25 8:00-9:00 am \$99**

Body-liscious 40-Day Detox & Body Balance Cleanse with Adrienne

This complete 40-day detox plan that will help you increase energy levels while reducing food cravings and improving your metabolism using healthy fresh whole foods. You will also learn valuable tools to live a balanced a healthy lifestyle for disease prevention and maintaining optimal health. This detox class is perfectly paired with the 40-day Core-rageous – save \$25 for both! **Saturday January 21-February 25 9:00-9:50 am \$75**

Super-Power Brain – Meditation & Mind Training with Shasta

YOU can meditate, create and elevate – it all starts in your mind. Join Shasta for a compelling and enjoyable journey into mindfulness, manifestation and metaphysics and learn how to train your brain to be super powerful, calm and present so you can create the life and success you seek most. All levels. Beginners welcome. Cost: \$99 **Tuesdays 8:00-9:00 pm** January 24-February 28