



Uxbridge Schedule January 2 – March 31, 2011

Time	Class	Teacher	Level	Format
Monday				
9:15-10:30 am	EMPower Yoga	Jacquelyn	All levels	Drop-in
12:00-3:00 pm	Private Yoga & Intuitive Reiki	Jacquelyn	Focused on you	Please call
6:00-7:00 pm	Pilates	Cathy	All levels	Pre-register
7:30-8:30 pm	Intro to Yoga January 9-30	Lynn	Beginner	Pre-register
Tuesday				
9:15-10:30 am	Chakra Flow Yoga	Jacquelyn	All levels	Drop-in
6:30-7:30 pm	Power Hour Yoga	Susan	All levels	Drop-in
7:45-9:00 pm	Therapeutic Deep Tension Release	Susan	All levels	Drop-in
Wednesday				
1:30-5:30 pm	Private Yoga	Jacquelyn	Focused on you	Please call
6:00-7:15 pm	Chakra Flow Yoga	Jacquelyn	All levels	Drop-in
7:30-8:30 pm	Beginner Yoga I January 18-March 7	Jacquelyn	Beginner	Pre-register
Thursday				
9:15-10:30 am	Chakra Flow Yoga	Jacquelyn	All levels	Drop-in
5:15-6:00 pm	Yoga for Kids January 12-March 1	Laura	All levels	Pre-register
6:15-7:15 pm	Prenatal Yoga January 12-March 1	Laura	All levels	Pre-register
7:30-9:00 pm	Vinyasa Power Yoga 1-2	Natalie	Intermediate	Drop In
Friday				
7:30-9:00 pm	Freedom Fridays	Various	Various	Pre-register
Saturday				
8:45-9:45 am	Yoga Boot Camp	Cathy	All levels	Pre-register
10:00-11:30 am	Vinyasa Power Yoga	Natalie	All levels	Drop-in
Sunday				
9:00-10:15 am	Gentle Yoga	Jacquelyn	All levels	Drop-in
12:00-2:00 pm	Private Yoga & Reiki	Jacquelyn	Focused on you	Call to book

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

Brand New to Balanced Life Yoga? **TRY ME Pass:** a week of yoga for only \$20. *New students only.*

Annual Pass	\$1100	20 Class Pass	\$250
90-Day Pass	\$360	10 Class Pass	\$140
Monthly Pass	\$140	5 Class Pass	\$75
Monthly Auto Re-new	\$90	1 Class	\$17
Bliss Pass: 12 th month free		Students w/id	\$12

Balanced Life Yoga Uxbridge – 62 Brock St. W – rear entrance. 905-852-2782
possibility@balancedlifeyoga.ca www.balancedlifeyoga.ca

Balanced Life Yoga Pre-registered Classes January 2012

Intro to Yoga:

A great mini intro to yoga. We give you all the basics in a fun and welcoming class. Cost: 4 classes. Start your Yoga practice with the best! We love newbies and make it safe, welcoming and enjoyable. 4 weeks: \$50

- **Mondays 7:30-8:30 pm** January 9-30 with Lynn

Beginner Yoga I: Continue to develop and refine your alignment and stability in sun salutations, standing poses and seated postures while safely learning the fundamentals of backbends and inversions. A great follow-up for those who have taken Balanced Life Yoga's Intro Yoga, or students looking to reconnect with the fundamentals. Cost: 8 weeks \$99

- **Wednesdays 7:30-8:30 pm** January 18-March 7 with Jacquelyn

Pilates

Pilates is an exercise art form that was originally developed by Joseph Pilates to be a safe and healing practice for dancers and movement practitioners. Focused on strengthening core muscles, Pilates improves posture, builds long, strong muscles and helps reduce back pain. Cost: 10 weeks \$125

- **Mondays 6:00-7:00 pm** January 9-March 12 with Cathy

Yoga Boot Camp:

Boot Camp will help you develop a strong regular practice as well as a strong, healthy body and mind. No whistles, no running and no yelling, just a strong invigorating class! See the results that consistent effort can bring. Cost: 8 weeks \$99

- **Saturday 8:45-9:45 am** January 7-February 25 with Cathy

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

- **Thursdays 6:15-7:15 pm** January 12- March 1 with Laura

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. Drop-in \$12 per class or 8 classes for \$80

- **Thursdays 5:15-6:00 pm** January 12-March 1 (8 classes \$80) with Laura



CALL 905-852-2782 to register or go to
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