



905-682-4469 • www.yogabysarah.com
20 Grote St., St. Catharines
Across from the Fairview Mall, behind the Dairy Queen

WINTER 2010 Schedule

Drop-In Class Schedule - Commencing January 4, 2010

Sunday				
10:00a	Vinyasa Flow Yoga	<i>Inter/Adv</i>	Allison/Stacey	<i>Studio: Prana</i>
10:00a	Hatha Yoga	<i>All Level</i>	Darlene	<i>Studio: Shakti</i>
11:30a	Hot Vinyasa Flow	<i>All Level</i>	Darlene	<i>Studio: Shakti</i>
1:00p	Hot Vinyasa Flow	<i>All Level</i>	Darlene	<i>Studio: Shakti</i>
Monday				
9:45a	Hatha Yoga	<i>All Level</i>	Darlene	<i>Studio: Shakti</i>
5:30p	Hatha Yoga	<i>All Level</i>	Sarah	<i>Studio: Prana</i>
5:30p	Hot Vinyasa Flow	<i>All Level</i>	Darlene	<i>Studio: Shakti</i>
7:00p	Hot Vinyasa Flow	<i>All Level</i>	Sarah	<i>Studio: Shakti</i>
8:30p	Hatha Yoga - Prep	<i>Beginner</i>	Amanda	<i>Studio: Prana</i>
Tuesday				
10:30a	Hatha Yoga	<i>All Level</i>	Amanda	<i>Studio: Prana</i>
5:30p	Vinyasa Flow Yoga (non hot)	<i>All Level</i>	Andrea	<i>Studio: Shakti</i>
7:00p	Hatha Yoga	<i>All Level</i>	Andrea	<i>Studio: Prana</i>
7:00p	Hot Vinyasa Flow	<i>All Level</i>	Angela	<i>Studio: Shakti</i>
Wednesday				
9:45a	Hatha Yoga	<i>All Level</i>	Amanda	<i>Studio: Prana</i>
9:45a	Hot Vinyasa Flow	<i>All Level</i>	Angela	<i>Studio: Shakti</i>
5:30p	Hot Vinyasa Flow	<i>All Level</i>	Darlene	<i>Studio: Shakti</i>
7:00p	Hot Vinyasa Flow - Prep	<i>Beginner</i>	Sarah	<i>Studio: Shakti</i>
8:20p	Hatha Yoga	<i>All Level</i>	Sarah	<i>Studio: Prana</i>
Thursday				
9:45a	Hatha Yoga	<i>All Level</i>	Angela	<i>Studio: Prana</i>
5:30p	Hatha Yoga	<i>All Level</i>	Tara	<i>Studio: Prana</i>
5:30p	Hot Vinyasa Flow	<i>All Level</i>	Sarah	<i>Studio: Shakti</i>
7:00p	Hot Vinyasa Flow	<i>All Level</i>	Tara	<i>Studio: Shakti</i>
Friday				
9:45a	Hatha Yoga	<i>All Level</i>	Sarah	<i>Studio: Prana</i>
9:45a	Hot Vinyasa Flow	<i>All Level</i>	Angela	<i>Studio: Shakti</i>
6:00p	Hatha Yoga	<i>All Level</i>	Amanda	<i>Studio: Prana</i>
Saturday				
9:30a	Hatha Yoga	<i>Intermediate</i>	Sarah	<i>Studio: Shakti</i>
11:00a	Hot Vinyasa Flow	<i>All Level</i>	Sarah	<i>Studio: Shakti</i>
12:30p	Hot Vinyasa Flow	<i>All Level</i>	Angela	<i>Studio: Shakti</i>

Pre-Registered Class Schedule **8 week session: January 18 - March 13, 2010**

Monday				
9:45a	Pilates	<i>Beg/Int</i>	Sarah F.	<i>Studio: Prana</i>
11:15a	60+ Gentle Yoga		Darlene	<i>Studio: Prana</i>
7:00p	Prenatal Yoga		Angela	<i>Studio: Prana</i>
Tuesday				
1:00p	Baby & Mom Yoga		Angela	<i>Studio: Prana</i>
5:30p	Pilates	<i>Beginner</i>	Sarah F.	<i>Studio: Prana</i>
8:30p	Prenatal Yoga		Angela	<i>Studio: Prana</i>
Wednesday				
4:30p	Prenatal Yoga		Angela	<i>Studio: Prana</i>
6:00p	Pilates	<i>Beg/Int</i>	Sarah F.	<i>Studio: Prana</i>
7:10p	Pilates	<i>Advanced</i>	Sarah F.	<i>Studio: Prana</i>
Thursday				
1:00p	Baby & Mom Yoga		Angela	<i>Studio: Prana</i>
7:00p	Hatha Yoga	<i>Beginner</i>	Sarah	<i>Studio: Prana</i>
Saturday				
9:45a	Pilates	<i>Adv. Power</i>	Sarah F.	<i>Studio: Prana</i>
11:00a	Prenatal Yoga		Angela	<i>Studio: Prana</i>

Fees To Drop-In Schedule

1 Year Unlimited	\$840	\$70/mth
6 Months Unlimited	\$480	\$80/mth
3 Months Unlimited	\$260	\$86/mth
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 Walk-In Class	\$17	

* GST is added to all above prices

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

January 18 - March 13, 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.