



...creating balance for your mind, body and spirit

SCHEDULE OF CLASSES FOR WINTER 2012:

Monday

9:30 am - 11 am	Hatha
4:00 pm - 5:00 pm	Teen Yoga
5:30 pm - 7:00 pm	Introduction to Yoga
7:30 pm - 9:00 pm	Ashtanga Flow

Tuesday

10:00am - 11:00am	Yoga for Seniors (Free!)
4:00 pm - 5:00 pm	Kids Yoga (5 - 8 yrs old)
5:30 pm - 7:00 pm	Restorative Yoga (Gentle)

Wednesday

1:15 pm - 2:30 pm	Mom & Baby Yoga
4:00 pm - 5:00 pm	Kids Yoga (9 - 12 yrs old)
5:30 pm - 7:10 pm	Ashtanga Bootcamp
7:30 pm - 9:00 pm	Prenatal Yoga

Thursday

9:30 am - 11:00 am	Ashtanga Flow
12:05 pm - 12:55 pm	Lunch Hour Hatha
4:15 pm - 5:15 pm	Yoga Flow
7:30 pm - 9:00 pm	Hatha

Friday

10:00 am - 11:00 am	Yoga for Seniors (Free!)
5:30 pm - 6:45 pm	Karma Yoga (donations for Food Bank)

Saturday

9:30 am - 11:00 am	Yoga Flow
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Classes in yellow are drop-in with the payment option of either cash, pass card or unlimited membership.

Classes in purple are registered and paid for in advance.

Yoga for Seniors is free of charge but we require registration by contacting Arlene Currie at the Diabetes Assoc. (Brooks & District) 403-362-5914. Classes run until the end of June 2012.

PRICES:

"Pay as You Go" Drop-In (GST included)	
90 minute Class Drop in	\$ 16
60 minute or less Class Drop in	\$ 12
Student Drop in ***	\$ 10

Pass Cards (6 month expiry)	
10 class pass (90 minute classes)	\$ 140
20 class pass (90 minute classes)	\$ 240
10 class pass (60 minutes or less classes)	\$ 100

Unlimited Memberships	
First time: One week (new students only)	\$ 25
1 month unlimited	\$ 125
3 month unlimited	\$ 275
3 month student unlimited ***	\$ 199
6 month unlimited	\$ 485
1 year unlimited	\$ 875
1 year student unlimited ***	\$ 650

*** Valid ID required for student discount.

Payment Plan Option:

We take post dated cheques on 1 year memberships: \$76.57/month x 12 cheques
Students: \$56.88/month x 12 cheques

Registered Classes (8 weeks):	
Yoga for Kids & Teens	\$ 80
Prenatal Yoga	\$ 112
Mom & Baby Yoga	\$ 100
Sunrise Yoga	\$ 80
Yoga Flow (Thursdays 4:15 - 5:15 pm)	\$ 80

Registered Class (2 weeks):	
Introduction to Yoga	\$ 30

Prices do not include GST except for "pay as you go" drop in.

Karma Yoga is a drop-in class for all levels of ability including beginners. The cost is a small cash or food donation for the Books Food Bank. Everyone welcome!

*Schedule is subject to change.

Register for classes March 8, 5 - 7 pm at the Inner Spirit Yoga Studio or online at www.yogainbrooks.com
Inner Spirit Yoga Studio is located at 340B - 2nd Street West, below InstaLoans.
Christine Pearson Lelek (Owner/ Certified Yoga Instructor)

www.yogainbrooks.com