



Life Yoga

FALL SCHEDULE

Effective Monday October 01, 2018

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	<u>MONDAYS</u>	<u>TUESDAYS</u>	<u>WEDNESDAYS</u>	<u>THURSDAYS</u>	<u>FRIDAYS</u>	<u>SATURDAYS</u>	<u>SUNDAYS</u>
6AM		6:30-7:30 ^{AM} SUNRISE YOGA•• with Ena		6:30-7:30 ^{AM} SUNRISE YOGA•• with Ena			
7AM							
8AM	8:30-9:30 ^{AM} STABILITY BALL YOGA with Christine		8:30-9:30 ^{AM} STABILITY BALL YOGA with Ena	8:30-9:15 ^{AM} BABY & ME YOGA with Pamela 6-CLASS SERIES begins Nov. 01			
9AM							
10AM	10-11 ^{AM} MODERATE YOGA FLOW•• with Christine	10-11 ^{AM} TWIST & STRETCH YOGA• with Jan	10-11 ^{AM} SUPPORTIVE YOGA•• with Chelsea	10-11 ^{AM} STRETCH & STRENGTHEN YOGA• with Jane	10-11:15 ^{AM} YOGA FOR DYNAMIC AGING• with Ena	10-11 ^{AM} KINETIC ENERGY YOGA••• with Chelsea	10-11 ^{AM} YOGA SOFT AND SIMPLE• with Nicci
11AM							
NOON		12-1 ^{PM} MODERATE YOGA FLOW•• with Kerry	12-1 ^{PM} UNION BARRE with Kerry	12-1 ^{PM} ACTIVE YOGA••• with Christine	12-1 ^{PM} MODERATE YOGA FLOW•• with Christine	12-1 ^{PM} GENTLE YOGA• with Morgan	
1PM							
2PM							
3PM							
4PM							
5PM	5:30-6:30 ^{PM} SUPPORTIVE YOGA•• with Chelsea	5:30-6:30 ^{PM} POWER YOGA••• with Tamara	5:30-6:30 ^{PM} MODERATE YOGA FLOW•• with Morgan	5:30-6:30 ^{PM} KINETIC ENERGY YOGA••• with Chelsea			
6PM							
7PM	7-8 ^{PM} DEVELOPING TEACHERS <small>The 2nd Monday of each month</small>	7-8:15 ^{PM} YOGA FOR BIGGER BODIED PEOPLE with Carly 6-CLASS SERIES begins Oct. 16	7-8:15 ^{PM} AERIAL YOGA with Morgan 6-CLASS SERIES contact us to be put on the waitlist	7-8:15 ^{PM} BODY POSITIVE YOGA FOR ALL with Lisa			
8PM	7-8:30 ^{PM} MASTERCLASS <small>The last Monday of each month</small>						
	7-8:15 ^{PM} INTRO. TO AERIAL YOGA <small>October 22</small>						3:30-4:30 ^{PM} FAMILY YOGA with Lisa
							7-8:15 ^{PM} RESTORATIVE YOGA with Tamara

DROP-IN CLASS DESCRIPTIONS

GENTLE YOGA CLASSES•

These are slower paced, so they are especially appropriate if you are new to yoga or are feeling like a lower energy class. The postures offered require light, sometimes moderate, physical exertion and are suited for a mindful paced practice.

ACTIVE YOGA CLASSES••

In these classes, you will dive deeper into postures using a non-aggressive approach at a modest pace that will leave time to refine alignment. You can expect some gentle and some more challenging practices.

VIGOROUS YOGA CLASSES...•••

Our most physically challenging classes. These move at a faster pace and include cardio-infused powerful sequences. You don't have to be a master of advanced yoga poses to take these classes, but you ought to have a desire to try them out.

STABILITY BALL YOGA Yoga using an exercise ball to help improve balance and flexibility. The ball is a great way to get extra support for moves that require endurance and are also effective for getting back into shape after an injury because they can reduce muscle and spinal strain. **PLEASE BRING YOUR OWN BALL.**

BODY POSITIVE YOGA FOR ALL Struggling to make peace with your body? You're not alone. The truth is you don't have to change a thing to get a body you love. You can build unshakable confidence and live life on your own terms. This class is a safe place to start to figure out how.

DEVELOPING TEACHERS This class runs the second Monday of each month and is designed to give teachers who are new to teaching or new to the studio a platform to showcase their gifts in a welcoming, safe, and constructive environment. Proceeds collected at this class are donated to the teacher's charity of choice.

FAMILY YOGA Families of children between the (suggested) ages of 3-6 are invited to practice breathing games, activities, yoga poses, and other movements.

MASTERCLASS An in-depth study on a different subject each month from some of our most experienced yoga teachers.

RESTORATIVE YOGA An integrative approach to healing anxiety, depression, and chronic stress. Rooted in classical yoga, the techniques in this class will help you create progressive and lasting change through well-supported, long held, gentle opening poses and guided mindfulness exercises.

UNION BARRE A low-impact workout that fuses yoga poses, breath work, isometric ballet-inspired conditioning, and meditation. Perfect for people who want to cultivate strength, a greater sense of presence, a mind-body connection, power, and peace. No experience, ballet shoes, or tutu required!

DROP-IN CLASS PRICES & PASSES

WELCOME TO LIFE

For those who are brand new to the studio.

14 days of drop-in classes for \$45

OR

30 days of drop-in classes for \$70

THEN, sign-up for our Community Auto-Renewed Membership for the special rate of just \$75 per month!



COMMUNITY AUTO-RENEWED MEMBERSHIP

The best deal if you practice just six times in a month!

\$75 per month*

*Must be the first membership purchased after a "Welcome to Life" pass.

\$55 per month for students (18 years old and under)*

*Must be the first membership purchased after a "Welcome to Life" pass.

\$99 per month

The best deal if you come twice per week

Contract-free unlimited monthly pass: \$120 per month

All the perks, none of the commitment.

CLASS PASSES

For those who practice once per week or less.

40 Class Pass: \$520 Valid for ten months

20 Class Pass: \$300 Valid for five months

10 Class Pass: \$160 Valid for three months

Single Class: \$17

Class Pass Extensions: Pass expired before you could use all your classes? If it expired in the last 60 days, you can extend it for 30 days for \$30 or for 60 days for \$50.

Students, seniors, and military families receive 10% off these passes.

All prices are subject to an additional 13% for H.S.T. Passes are non-transferrable between people and non-refundable. Once expired, unused classes cannot be used without purchasing a Class Pass Extension.

WORKSHOP INFORMATION

For workshop descriptions, or to register, please visit our website or contact us. *You can identify workshops on our schedule because they are listed in purple.*