



Summer **YOGA CLASS** Schedule

6 week session starting - Mon. June 28th to Aug. 4th.

Register soon. Classes are filling up!

Summer Class Special!
2 for 1 - Buy 1 class, get 1 free!
12 classes for \$80.40

Aug. 23 to Sept 1.
Student Appreciation & Class Sampler
- 2 weeks FREE for everyone

<p>Monday 6:00 - 7:30 pm "Beginner/Restorative Round body" 7:40 - 9:00 pm "Hands on Yoga" level 2</p>	<p>Tuesday 4:30 - 5:15 pm "Easy does it... get back to motion class" 6:00 - 7:00 pm "Yoga with Swiss Ball"</p>	<p>Wednesday 6:00 - 7:30 pm "Beginner/Restorative Round body" 7:40 - 9:00 pm "Hands on Yoga" level 2</p>
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Monday & Wednesday

6:00 - 7:30 pm "Beginner/Restorative Round body" This class is designed to fit anyone's needs, a slow moving class with hatha base using props to assist the student in their poses. A led meditation follows this practice. - Nicky

7:40 - 9:00 pm "Hands on Yoga" level 2 - It is a flow based class featuring connected movement with elements of ashtanga offering pose adjustments and alignments. It is a hot class that challenges your body building strength, flexibility and toning. This class is taught by two instructors -- Michelle and Nicky.

Tuesday

4:30 - 5:15 pm "Easy does it... get back to motion class"
This shortened 45 minute class has been designed for the person who is looking for a better quality of life and needs the extra attention and focus on specific ailments or mobility limitations. This is a dual led class with Michelle and Nicky and completely modified to assist the participant towards their path to wellness. Props to be used: bolster, block, straps, blanket, pillows and chair. Limited to 8 participants only, with no drop-ins!

6:00 - 7:00 pm "Yoga with Swiss Ball" -
This class combines classic yoga and the swiss ball for an invigorating program suitable for anyone who wants to increase balance, core strength, and add variety to their yoga practice. This class is a relaxed mix of challenges and fun. - Darren

Summer 2010 Class Cost
6 weeks, 2 time/week
\$80.40 includes GST/HST
Drop-in fee \$15.00

Summer Events -- Ohana Wellness Centre

Louise Hay one day Workshop - You Can Heal Your Life with Kate Allen (Ireland) Friday July 9 or July 10. This will be a one day workshop called "Heal Your Life", based on the philosophy of Louise Hay. It will involve awareness exercises, guided meditations, creative visualizations, group sharing and discussion, creating, using affirmations and more... Comfortable clothing and a warm blanket are required. Lunch and snacks will be provided. Cost is \$100.00. To register contact Mary Stokes @ 752-4599 or email to marasmusic@yahoo.ca or Kate Allen at kateallen54@hotmail.com.

Yoga Weekend with Christine Anderson - Friday July 23, 6:30 - 8:30 PM. Saturday, July 24, 9:30 AM - 12:30 PM, and Sunday July 25, 9:30 AM - 12:30 PM. Join Christine Anderson from Costa Rica for a weekend of yoga, sounding and discussion. Christine is a gifted teacher, who is able to encourage and enhance your yoga practice in many new and challenging ways. This weekend is suited for both new and experienced yogi's and yoginis. Weekend price is \$130.00. Daily Session price is \$50.00. A \$50.00 deposit is required. Christine will also be doing Thai Yoga Massage July 26 - 28. Sessions are 90 minutes long and cost \$100.00. To register or book your appointment, call 752-0294.

Body Talks - Thursday evenings in June from 6:00 PM - 7:00 PM. June 17th topic is "Elbows and Wrists". June 24th topic is "Feet". These are informal discussions to help explain causes of pain and weakness, and tips with gentle stretches to alleviate soreness and tight joints. Cost is \$5.00 per evening.

For more details & to register contact Velma at Ohana Wellness Centre 705 752-0294 or visit our website at ohanawellness.ca