

Classes	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Beginner/Restorative Round Body Yoga (1.5hr)	6pm	10am	6pm	10am		10am
Beginner Extended (1.5 hr)	7:40pm					
* Easy Does It – Chair Yoga (1 hr)		3pm				
* M.E.L.T. (1 hr) - & Wellness Class		6pm	7:40pm	3pm		
Movement and Stillness (1.5 hr)					cancelled	
Yoga & Meditation (1.5 hr)		7pm				
* Kundalini Yoga (1.25 hr)				7pm		
Om Gym (Suspended Yoga)				7pm		



Drop In Prices \$15.00

Session Prices

One class X 5 weeks \$73.45
Two Classes X 5 weeks \$132.21
Unlimited X 5 weeks \$197.30

Student & Senior Rate - 5 Class Pass \$66.11

Class times are 1.5 hours except specialty classes *

All prices include HST

All class passes must be completed within the 5 week session.

All classes are suitable for beginners... however, please check with the instructor prior to class to see where you fit best.

* M.E.L.T. - classes or OMGYM classes do not allow drop-ins. M.E.L.T. kits must be purchased prior to start of class.

Om Gym 5 weeks - \$113.00 (limited to 7 students)

Registration includes a free pass to try another class or to bring a friend (One pass per student).

Your very first class (for new students) is always on us!

About our classes...

“Beginner/Restorative Round Body Yoga” - A relaxing rejuvenating class suitable for everyone, beginner to advanced. This class combines traditional hatha yoga and restorative poses using props, breath (pranayama) and meditation. This class will deepen your understanding of your body, strengthen & elongate muscles, open restricted joints, de-stress you, build energy and wellbeing. The use of props allows everyone to participate regardless of their abilities.

“Beginner Extended” - Ashtanga/Hatha – This class is a hot class where the participant experiences a vigorous ashtanga flow warm up, followed by a series of deep holding poses using breath to heat the body and stimulate the heart and adrenal glands. The class then changes course to restorative poses which allows the body to heal and repair. This class is perfect for the person who is looking to elongate their muscles and complement their practice.

“Easy does it... getting into motion - chair yoga class” - Mobility issues? Looking to re-coop from an injury? Experience what it feels like to feel better again. Props (chairs etc.) will be used to help you ease back into movement or to keep you moving. Class is suitable for the young & younger at heart... anyone can attend.

“Yoga & Meditation” - This class combines a variety of meditation techniques with yoga to enable you to release physical tension and examine deeper awareness. Dealing with Body, Breath, and Mind meditation is an art in the process of observing, accepting, and understanding. Meditation has been used successfully in clinical settings as a method of stress and pain reduction. This class is suitable for all abilities.

“Om Gym” - Come and hang with us! Join us for the most fun, versatile & effective yoga swing available. Flow with supported postures and alleviate joint pressure. Experience a heightened level of asana practice. This class is limited to 7 students and must register within 2 weeks of start date.

“Movement & Stillness” - Forty-five minutes of choreographed movement, followed by floor play strengthening moves, ending with a short meditation.

“Kundalini Yoga” - This is the yoga of awareness. It is a complete science that includes breath (pranayama), simple postures (asanas), mantra, meditation and long deep relaxation. Build a healthy radiant body, relax the nervous system, reduce stress, enhance the immune system, and develop inner peace. A healing practice that brings body, mind and breath into balance.

“M.E.L.T. Hand & Foot Technique & Wellness Class” - This is a self-treatment technique that prevents pain, heals injury, and erase the negative effects of aging and active living. Melt is a hands on technique that is used to eliminate stress, pain, and dysfunction. **Anyone any age can M.E.L.T.!** During this five week class session you will also be given wellness and meditation techniques and tips to assist you towards a happier and healthier lifestyle. This class is limited to 10 students and must register within 2 weeks of start date.

Private Yoga Sessions Yoga & Wellness Package Yoga & Athletic Therapy Package

Call for more information.

Located less than 8 minutes from North Bay at the north end of Callander near Osprey.

1436 Main Street, N. Callander (705) 752-0294

www.ohanawellness.ca

Next

Karma Week

(Free Yoga)

Tues. Jan 3 to

Sat. Jan 7.



Movement is Medicine... are you tired of feeling stiff, sore or stressed out? Does your list of "ailments" just keep growing and growing? Do you want to be pro-active rather than reactive in your quest for well being? Remember you are in control and we can help you achieve your goals.



Ohana's Services

Athletic Therapy
 Personal Training
 Registered Massage Therapy
 Yoga, NIA and Motion Classes
 Specialized Kinesiology
 Muscle Balancing
 Stress Management
 Touch for Health
 Holistic Lifestyle Coaching
 Acupressure
 Moxa - Acupoint Warming
 Tui Na Massage
 Cupping
 Wellness Classes & Seminars
 Shiatsu Massage
 Reiki**AND MORE!**

Crystal Bergquist - RMT

Certified in N.I.S.A. & Hot Stem Massage

Crystal offers a variety of relaxation and therapeutic massage techniques, which will help your body to release stress, tight muscles and increase your circulation. Crystal personalizes your treatment based on what your body needs in order to make you feel better.

To book an apt with **Crystal 705 493 2596**

James Cartwright - RMT

Certified Athletic Therapist

BAHSc (Athletic Therapy) BSc HKin, Dip MT

James specializes in manual therapy specific to your body's needs, releasing aches and pains. Treating your muscles and joints by offering individualized treatment programs with activities, designed so that you can live the life that you deserve.

To book an apt with **James 705 358 3216**

Workshops & Events

The Circle - February 3, 2012 - 6-9:00 In our fast paced world filled with technology, timelines and schedules, we are losing our ability to 'connect' in an authentic way with other human beings. We long for a sense of 'community' where we can just 'be' with others with no agenda, no judgment, no expectations, no rush. There will be drumming, singing, wellness tips, story telling and more... join us and participate in any way that you like. All ages welcome, bring a treat to share during the break. Admission is a non-perishable food item.

Healing Art Show - February 4, 2012 6-9:00 - Spend an evening meeting local and area artists, who have used their craft to heal themselves and others! Sales are not the focus... however should you choose to, this is a unique opportunity to purchase one of a kind gifts crafted from the heart for yourself and those you love. If you are an artist and interested in showing your work give us a call. Admission is a non-perishable food item.

Are you wanting to hold a workshop, meeting or special event? Our spaces can accommodate almost any event... and we are here to assist you in making your event a success.

M.E.L.T.
 ... ARE YOU
 TIRED OF
 FEELING
 STIFF & SORE?

The MELT Hand and Foot Treatment is an innovative self-treatment technique that re-hydrates the connective tissues in your body and can make your whole body feel better in just minutes. By stimulating the hands and feet, this easy-to-learn treatment can help reduce these common painful symptoms in just minutes a day: hand, foot, back, and neck pain, plantar fasciitis, bunions, neuromas, arthritis, carpal tunnel syndrome, trigger finger, even headaches, gut issues, insomnia and more!

join certified MELT instructor, Nicky Poulin as she teaches you the MELT Hand and Foot Treatment Techniques that are easy to learn, and will help you remain active, healthy and pain free for life!

Ohana is more than a name, it is a philosophy of life and means family in an extended sense of the term including blood-related, adoptive or intentional. It emphasizes that family and friends are bound together and members cooperate, remember one another and nobody gets left behind.

1436 Main Street, N. Callander (705) 752-0294

Located less than 8 minutes from North Bay at the north end of Callander near Osprey.

www.ohanawellness.ca