

# Winter Schedule

Effective: Dec 18, 2019

**\*\* STUDIO ETIQUETTE \*\***

- ARRIVE at least 10-15 minutes before class; we don't allow latecomers
- Respect Quiet and Fragrance-Free Space
- Cell Phone and Purse/ Bag-Free Zone



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				8:00am - 8:45am Qi Gong (Genya)	9:00am - 10:15am Saturday Flow (Rachel)	9:00am - 10:15am Strength Synergy/ Pilates Inspired (Genya)
9:30am - 10:45am Hatha Flow (Rachel)	9:30am - 10:45am Strength Synergy/ Pilates Inspired (Paul)	9:30am - 11:00am Yang to Yin Yoga (Tracey) Quest	9:30am - 10:45am Hatha Level I/II (Rachel)	9:30am - 10:45am Strength Synergy/ Yoga Inspired (Genya)	10:45am - 12:00pm Yang to Yin Yoga (Genya) Quest	10:45am - 12:00pm Restorative Yoga & Meditation (Caroline) Quest
12:00 - 1:00pm Yin (Rachel)	12:00 - 1:00pm Hatha Flow (Khim)	1.30 - 2.30pm Compassion Hatha Flow (Dalete) FREE for Indigo & CMHA members <b>NEW</b>	12:00 - 1:00pm Mindful Movements (Genya)	12:00pm - 1:00pm Yang to Yin Yoga (Stacie) Quest	12:30pm - 1:30pm Yin Community Class (Stacie) IIM or \$8	12.30 - 1.30pm Systema Workshop (Stephen) Pre-register Starts Jan 26
		4.00 - 4.45pm Pre-Teen Yoga (Anja) Pre-register Jan 8 - Jun 10	4.00 - 4.45pm Kids Yoga (Stacie) Pre-register Jan 9 - Mar 12			
5:00pm - 6:00pm Hatha (Genya)	5:00pm - 6:00pm Mindfulness Yoga Community Class (Olga) IIM or \$8	5:00pm - 6:00pm Hatha Flow (Ann)	5:00pm - 6:00pm Beginners 101 Community Class (Marta) IIM or \$8	2.00 - 3.15pm Restorative Yoga & Meditation (Caroline)		
6:30pm - 7:30pm Core Yoga (Khim)	6:30pm - 7:30pm Strength Synergy/ Pilates Inspired (Genya) Quest	6:30pm - 7:30pm Mindful Movements <<Yoga Essentials>> (Genya)	6:30pm - 7:30pm Hatha Flow (Dory)			
8:00pm - 9:15pm Yang to Yin Yoga (Rachel)	8:00pm - 9:15pm Restorative Yoga & Meditation (Caroline)	8:00pm - 9:15pm Yang to Yin Yoga (Paul) Quest	8:00pm - 9:15pm Yin Restorative Yoga (Dory)			8:15 - 9:15pm Yang to Yin Yoga Community Class (Tanya) IIM or \$8 Quest

\*\* Every last Wednesday of the Month \*\* << Yoga Essentials >>

QUEST TYPE	QUEST DESCRIPTIONS	DATES
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Please refer to our online schedule for most up to date Classes, Workshops & Events  
All levels classes | Intermediate | Community Class \$8 & IIM = Included in Membership

See reverse side for more on QUEST >>>>

**QUEST is a theme based classes focused on mind, body and spirit that allow you to go through the process of your own development. Although Quest sessions can be taken individually, attending the entire series is intended to foster greater depth and integration of the subject matter.**

CELESTIAL PRANA (Paul)	As the old adage goes "as above, so below," the celestial sky provides some deep insight into our inner world. In this quest, the phases and placement of the moon will inform our practice as we ride the wave of Celestial Prana to support our physical, mental, and emotional well being. As different phases of the moon favour different movement modalities, our practice will incorporate hatha, vinyasa, kundalini, and restorative yoga, dance, and free-form movement. No experience is required, just a willingness to breathe deeply and allow the wave or prana to move your body.	Wednesdays <b>8.00pm - 9.15pm</b>
STRENGTH SYNERGY (Genya)	We will dive into the deeper meaning of movement and the purpose of treating your body as an instrument instead of a machine. From this Quest participants walk away with a new awareness of self and a whole new set of tools to literally tune their new bodies in a way that nests a healthy mind and creatively liberated spirit.	Tuesdays <b>6:30pm - 7:30pm</b>
EVOLUTION OF SELF (Stacie)	Live your best life. This quest will take you on a journey to unveiling your best self. Through specific asanas that open and balance the 7 chakras, you will nourish your relationship to yourself through acceptance, forgiveness, letting go, truth, wisdom and self-reflection. During the Yin portion of each class there will be hands-on energy work to help guide your energy into the parts of you that need it the most.	Fridays <b>12:00 - 1:15 pm</b>
BEFRIENDING THE BODY (Caroline)	The body is our sacred vehicle, source of intuition, doorway into the Now, and sensor of the many pleasures of the human experience. In this Quest we will explore the journey back to a loving and empowered body-soul relationship.	Sunday <b>10.45 - 12:00pm</b>
INDIGO LIFESTYLE (Genya)	Clarifying core values allows you to direct your life purposely. This Quest will use physical practise to explore your core values within the realm of self-care, personal growth, spirituality career, relationship dynamics, and what it is like to live your life as an adventure!	Saturdays <b>10:45 - 12:00pm</b>