

2015 AUTUMN/WINTER SCHEDULE

Effective September 8th

Monday

10:00 - 11:15 am	Gentle/Big Stretch Yoga
5:45 - 7:00 pm	Gentle Stretch Yoga
7:15 - 8:30 pm	Big Stretch Yoga

Tuesday

10 - 11:15 am	NEW! Flow & Let Go Yoga
7:00 - 8:15 pm	Big Stretch Yoga

Wednesday

10 - 11:15 am	NEW! Moms & Babies Yoga*
7:00 - 8:00 am	Early Bird Yoga*
6:00 - 7:30 pm	Restorative Yoga*

Thursday

10:00 - 11:15 am	Big Stretch Yoga
5:45 - 7:00 pm	Gentle Stretch Yoga
7:15 - 8:30 pm	Big Stretch Yoga

Saturday

10:00 - 11:15 am	Big Stretch Yoga
11:30 - 12:45 pm	Big Stretch Yoga

Sunday

10:00 - 11:15 am	Big Stretch Yoga
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*Pre-registered.

CLASS FEES

First class	\$10
1 class	\$19
5 classes	\$85
10 classes	\$155
20 classes	\$280
50 classes	\$640



**CELEBRATING
 16 YEARS
 ON
 BAYVIEW**

Seniors and Students 10% off. All prices include HST. Pre-paid classes are non-refundable and do expire – check with the studio for more information. We accept cash or cheque only. Students must be in full-time attendance at a high school or post-secondary institution. Seniors 65+. I.D. required.

1560 Bayview Avenue, Suite 303, Toronto, Ontario M4G 3B8
 (416) 486-4448 Joanne Lowe, Director

www.bigstretchyoga.com

CLASS DESCRIPTIONS

Big Stretch Yoga: Suitable for many, this class integrates the breath with an extensive variety of postures to increase strength and flexibility, bring balance, and calm the mind.

Gentle Stretch Yoga: Ideal for beginners, those who are easing back into shape, recovering from illness or injury or just want to take it easy. May also include restorative postures using props to support your practice.

Flow & Let Go Yoga: Flowing hatha sequences, strengthening poses and sublime stretches in the first half of the class are followed by gentle, relaxing restorative poses in the second half.

Early Bird Yoga*: See description for Big Stretch Yoga. 10 week series. September 23 - November 25, \$170.

Restorative Yoga*: Supported postures help to restore movement and flexibility. This class is for everyone: beginners, people experiencing stress or anxiety, recovering from illness or injury, or anyone seeking a gentle, meditative class. 4 weeks, beginning September 9, October 7 and November 4. \$90 per session.

Sadhana*: Enjoy the rewards and routine of a daily yoga practice. Salute the sun each morning with a series of postures and breathwork that will strengthen your body, nurture your soul and lift your spirit. 6:45 - 7:45 am. 7 days, September 14 - 20, \$115. 4 days, December 7 - 10, \$70.

Moms & Babies Yoga*: A great way to bond with your baby physically, emotionally and spiritually or get in some much needed stretching while baby sleeps peacefully at your side. 4 weeks beginning September 23rd, \$80.

Corporate and Private Classes: The Yoga@Work program reduces stress, improves physical and mental well-being, improves employee morale, motivation and working relationships. Private classes available, including special events, seminars and parties.

*Pre-registration is required. All classes are on-going drop-in style unless pre-registration is indicated. Classes are pregnancy friendly.



CLOSURES

Monday October 12
December 11 - 20 & December 24 - 26

SADHANA

7 days, September 14 - 20 & 4 days, December 7 - 10

MOVING & MEDITATION

Sunday September 27

YOGA FOR HIPS, LEGS & FEET

Sunday October 25

YOGA FOR UPPER BACK, NECK & SHOULDERS

Sunday November 15

Join us on 

www.bigstretchyoga.com