

the big stretch  
**YOGA**  
 centre

**2010 SUMMER SCHEDULE**

Effective July 1 - September 6

**Monday**

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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**

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7:00 - 8:15 pm	Big Stretch Yoga
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**Wednesday**

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7:00 - 8:00 am	Early Bird Yoga*
6:00 - 7:30 pm	Restorative Yoga*

**Thursday**

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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**

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10:00 - 11:15 am	Big Stretch Yoga
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**Sunday**

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

**CLASS FEES**

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First class	\$10
1 class	\$17
5 classes	\$75
10 classes	\$140
20 classes	\$255
50 classes	\$580



Seniors and Students 10% off. All prices include HST. Pre-paid classes are non-refundable. We accept cash or cheque only. Students must be in full attendance at a high school or post-secondary institution. Seniors 65+.

1560 Bayview Avenue, Suite 303, Toronto, Ontario M4G 3B8

(416) 486-4448 Joanne Lowe, Director

**[www.bigstretchyoga.com](http://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.

**Early Bird Yoga\*:** See description for Big Stretch Yoga. 12 week series begins May 12 and September 29 - \$175.

**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 week series begins July 7 - 28 - \$85.

**Sadhana\*:** A sanskrit term meaning conscious spiritual 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. 14 consecutive days, 6:45 - 7:45 am, begins September 13 - \$200 per session.

**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.



### 14 Day Sadhana

Begins Monday September 13

### Summer Yoga Retreat

July 30 - August 1

### The Big Stretch will be closed

Thursday July 1

Saturday July 31 - Monday August 2

Monday August 23 - Monday September 6  
inclusive

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