

the big stretch YOGA centre

2010 WINTER/SPRING SCHEDULE Effective Monday January 4, 2010

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

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

7:00 - 8:00 am	Early Bird Yoga*
6:00 - 7:30 pm	Candlelight Restorative*
6:30 - 8:00 pm	Stretch Yourself* & Mala*

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 am - 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	\$17
5 classes	\$75
10 classes	\$135
20 classes	\$250
50 classes	\$575



Seniors and Students 10% off. All prices include GST. 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

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 January 27 and May 12 - \$175.

Candlelight 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 February 10 and May 5 - \$80.

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 January 11 and April 26 - \$200 per session.

Stretch Yourself*: A complete practice for body, mind and spirit. Pre-register for 4 week series beginning January 13, \$80.

Mala Creation and Yoga*: In week one, you will create your own japa mala (materials provided). In weeks two and three you will utilize your new malas within your yoga practice of meditation and asana. Pre-register for 3 week series beginning April 7, \$100

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 Sadhanas

Begins Monday January 11 and Monday April 26

Winter Wonderland Yoga Retreat

February 12 - 14

Meditation Workshop

3 Sundays, January 31, March 7, April 11

Earth Hour Yoga Class

March 27

Yoga for Stress and Anxiety ~ April 18

Summer Yoga Retreat ~ July 30 - August 1

The Big Stretch will be closed

Saturday February 13 - Monday February 15

Sunday April 4 & Monday April 5

Saturday May 22 - Monday May 24

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