

the big stretch

YOGA  
centre

## 2015 WINTER/SPRING SCHEDULE

Effective January 1, 2015

### 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	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



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](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 January 21 and April 29, \$200.

**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 begin Jan 14, Feb 11 and Apr 8, \$90.

**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, Jan 12 and Apr 20, \$115.

**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

February 16, April 5 - 6

### SADHANAS

7 days, begin January 12 and April 20

### MOVING AND MEDITATION

Fridays, Feb 6 - 27

### HEART CHAKRA RESTORATIVE YOGA

Sunday February 8 – \$35

### EARTH HOUR YOGA FOR WWF

Saturday March 28

### YOGA FOR UPPER BACK, NECK & SHOULDERS

Fridays, April 10 - May 1

### EARTH DAY RESTORATIVE

Sunday April 19

Celebrating 15 years of  
breathing, stretching and relaxing

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