



# THE BODYMIND CENTRE

all of you . one place

YOGA SCHEDULE MAR 4 - APR 28 (V2, 2019)

No drop-ins to INTRO classes after the second week because all classes are progressive (P)

(PR)= pre-requisites required (classes subject to minimum registration of 4 people)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Warm Power Yoga</b> 9:00 - 10:00 am Diane Y		<b>Warm Unlock Your Hips Yoga</b> 9:00 - 10:00 am Erin M		<b>Kundalini Yoga</b> 8:00 - 9:30 am Erin M @ dharmahouse
<b>Warm Unlock Your Hips</b> 9:00 - 10:00 am Erin M	<b>55+ Fit For Life</b> 9:30 - 10:30 am Anne Parr	<b>Hot Flow Yoga</b> 9:30 - 10:30 am Diane Y	<b>55+ Fit For Life</b> 9:30 - 10:30 am Anne Parr	<b>Warm Yin</b> 9:00 - 10:15 am Patricia K	<b>Hot Flow</b> 9:00 - 10:00 am Megan L
<b>Gentle Yoga</b> 10:00 - 11:30 am Erin M	<b>Warm Yin</b> 10:10 - 11:10 am Diane Y	<b>Gentle Yoga</b> 10:00 - 11:30 am Erin M	<b>Hot Flow</b> 10:15 - 11:15 am Diane Y	<b>Gentle Yoga</b> 10:00 - 11:30 am Erin M	<b>Form &amp; Flow</b> 9:30 - 10:30 am Victoria W
<b>Warm Strength &amp; Balance</b> 10:30 - 11:30 am Diane Y	<b>Gentle Flow Yoga</b> 10:30 - 12:00 pm Nancy P	<b>Warm Yin &amp; Twist</b> 10:40 - 11:40 am Diane Y	<b>Gentle Flow Yoga</b> 10:30 - 12:00 pm Patricia K	<b>Hot Power Yoga</b> 10:30 - 11:30 am Megan L	<b>Warm Hips &amp; Hammies</b> 10:05 - 11:05 am Megan L
<b>HIT Yoga</b> 11:45 - 12:35 pm Diane Y	<b>Ergonomic Yoga</b> 12:05 - 12:55 pm Anne P	<b>HIT Yoga</b> 11:45 - 12:35 pm Diane Y	<b>Ergonomic Yoga</b> 12:05 - 12:55 pm Anne P	<b>New! Hot Yin</b> 12:00 - 1:00 pm Louis B	<b>YIN</b> 10:35 - 11:35 pm Victoria W
<p>A Deeply relaxing, easy practice to calm your nervous system. Helps to enhance sleep and encourages a peaceful mind</p>		<b>Vagal Restorative</b> Tues 5:00 - 6:15 <b>Restorative Yoga</b> Mons 7:30 - 8:45 <b>Candlelight Restorative Yoga</b> Friday 6:10 pm		<p><b>Kundalini Yoga</b> Special Spring Tune Up Set</p>	
				<b>New! Hot Iyengar Yoga</b> 11:10 - 12:10 pm Dawn C <b>Hot Flow</b> 12:15 - 1:15 pm Dawn C <b>Saturday Night Fever</b> New! Night time classes	
<b>Kundalini Yoga</b> 4:30 - 5:45 pm Erin M	<b>Warm Yin</b> 4:30 - 5:30 pm Julie G	<b>Mom &amp; Baby Yoga</b> 12:45 - 1:45 pm Diane Y	<b>Hot Power Yoga</b> 4:30 - 5:30 pm Diane Y	<b>Hot Slow Flow</b> 4:30 - 5:30 pm Patricia K	<b>Hot Yin</b> 6:00 - 7:00 pm Dawn C
<b>Hot Happy Hips</b> 5:00 - 6:00 pm Latoya L	<b>Vagal Restorative Yoga</b> 5:00 - 6:10 pm Erin M	<b>Therapeutic Yoga</b> 2:30 - 3:30 pm Sonia P	<b>Hot Yin</b> 5:35 - 6:35 pm Diane Y	<b>Ashtanga</b> 5:00 - 6:00 pm Brian D/ Sasha R	<b>New! Hot Iyengar Yoga</b> 7:05 - 8:15 pm Dawn C
	<b>Warm Strength &amp; Balance Flow</b> 5:40 - 6:40 pm Megan L	<b>Kid's Antigravity Yoga</b> 4:00 - 4:45 pm Diane Y	<b>Beginner's Yoga</b> 5:00 - 6:30 pm Natasha	<b>Warm Yin</b> 5:35 - 6:35 pm Patricia K	<b>SUNDAY</b>
<b>Hot Flow</b> 6:05 - 7:00 pm Latoya L	<b>Pre-Natal + Restorative Yoga</b> New! 6:15 - 7:15 pm Nancy P	<b>New! Hot Vinyasa Flow</b> 4:00 - 5:00 pm Megan L	<b>Mindfulness Meditation</b> 6:00 - 7:00 pm David G	<b>Candlelight Restorative Yoga</b> 6:10 - 7:30 pm Catherine T/Julie G	<b>Meditation</b> 9:00 - 10:30 am Potala by donation
<b>Antigravity Yoga</b> 6:15 - 7:15 pm Diane Y	<b>Hot Hips &amp; Hammies</b> 6:45 - 7:45 pm Megan L	<b>Warm Yin Yoga</b> 5:00 - 6:00 pm Diane Y	<b>Antigravity Yoga</b> 6:45 - 7:30 pm Diane Y	<b>New! Hot Iyengar Yoga</b> 6:40 - 7:40 pm Dawn C	<b>New! Hot Iyengar Yoga</b> 9:00 - 10:00 am Dawn C
<b>Restorative Yoga</b> 7:30 - 8:45 pm Nancy P	<b>Hot Yin</b> 7:50 - 8:50 pm Kelly M	<b>Restorative Yoga</b> 5:00 - 6:30 pm Natasha	<b>Antigravity Yoga</b> 7:30 - 8:15 pm Diane Y	<p>SATURDAY NIGHT FEVER New! Night Time Classes HOT YIN</p>	<b>Hot Flow</b> 10:05 - 11:05 am Dawn C
<b>Hot Gentle</b> 7:05 - 8:05 pm Jacklyn R	<b>PRIVATE</b> YOGA + PILATES SESSIONS AVAILABLE	<b>Hot Flow</b> 6:05 - 7:05 pm Diane Y	<b>Hot Flow</b> 6:40 - 7:40 pm Nancy P		<b>Beginner's Hot Bikram Yoga</b> 11:10 - 12:10 pm Sara-Kim M
<b>Hot Yin</b> 8:10 - 9:10 pm Jacklyn R		<b>Hot Gentle Yoga</b> 7:10 - 8:30 pm Erin M	<b>Hot Yin</b> 7:45 - 8:45 pm Nancy P		<b>Family Yoga</b> 10:35 - 11:35 am (by food donation) Janet A
<b>PRICING OPTIONS</b>	(prices shown before tax)	<b>Strength &amp; Balance</b> 6:35 - 7:35 pm Nancy P			<b>Warm Gentle Yoga</b> 12:10 - 1:10 pm Sara-Kim M
<b>drop in / pass</b>					<b>BOSU Blast</b> 11:45 - 12:45 pm Sandi O
1 class (pack)	\$15				<b>New! Hot Yin</b> 1:15 - 2:15 pm Louis B
3 / 6 drop in packs	\$42 / \$85				<b>Crystal Bowl &amp; Gong Meditation</b> 7:00 - 8:30 pm Erin M ~ by donation
12 class package	\$165 (1 FREE)				<b>MAT RENTAL FOR</b> HOT YOGA IS \$5 + hst
1 kid drop in	\$9				
1 week pass	\$45				
Student 1 month pass	\$99				
Adult 1 month Pass	\$150				
<b>session (8 wks)</b>	4 Sat 11:				
1 class / wk	\$105				
2 classes / wk	\$210				
<b>memberships</b>					
1 year	\$89/mo				
6 months	\$99/mo				
Student membership	\$69/mo (6 mo min)				
Student membership	\$260 (4 mo, PAID IN FULL)				

Iyengar yoga is a style of yoga that emphasizes precision & physical alignment of the body. It is a complete, powerful & precise system of physical, mental & spiritual culturing. It's aim is the union of the individual spirit with the universal spirit. PEACE

Iyengar practice will help students build a solid foundation with in their own practice and find inner peace.



## IYENGAR YOGA

All levels welcome

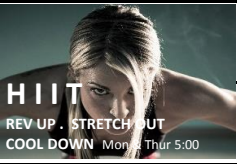



# THE BODYMIND CENTRE

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PILATES SCHEDULE MAR 4 - APR 28 (V2, 2019)

No drop-ins to INTRO classes after the second week because all classes are progressive (P)  
(PR)= pre-requisites required ~ (classes subject to minimum registration)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>TRX / Ball/ BOSU</b> 9:00 - 10:00 am Sandi O	<b>Essential Reformer (PR)</b> 9:00 - 10:00 am Sandi O	<b>Essential Reformer (PR)</b> 9:00 - 10:00 am Erin M.	<b>HIIT/ Cardio Tramp</b> 9:15 -10:00 am Sandi O	<b>TRX / Ball/ BOSU</b> 9:00 - 10:00 am Sandi O	<b>Ess Reformer (PR)</b> 9:00 - 10:55 am Tracey H
<b>Essential Reformer (PR)</b> 10:00 - 11:00 am Sandi O	<b>All Levels Mat Pilates</b> 10:05 -11:05 am Sandi O	<b>BOSU Blast</b> 9:00 - 10:00 am Sandi O	<b>Ess/ Ess+ Mat (PR)</b> 10:00 -11:00 am Sandi O	<b>Ess Reformer (PR)</b> 10:00 - 11:00 am Sandi O	<b>Ess Reformer (PR)</b> 10:00 - 11:00 am Tracey H
<b>Intro Reformer (P)</b> 1:00 - 2:00 pm Diane Y	 <b>HIIT</b> REV UP . STRETCH OUT COOL DOWN Mon & Thur 5:00	Please observe noble silence inside yoga studios. quiet voice outside studios. NO cell phones in class or change rooms ~ Thank you			<b>Intro Reformer (P)</b> 11:00 - 12:00 pm Tracey H
<b>HIIT</b> 5:00 - 5:30 pm Sandi O	<b>Intro Mat Pilates</b> 4:30 - 5:30 pm Diane Y	<b>Essential Reformer (P)</b> 4:30 - 5:30 pm Erin M	<b>HIIT</b> 5:00 - 5:30 pm Sandi O		<b>BOSU Blast</b> 11:45 -12:45 pm Sandi O
<b>Essential Mat Pilates</b> 5:30 - 6:15 pm Sandi O	<b>Essential Reformer (PR)</b> 5:35 - 6:35 pm Diane Y	<b>Essential Reformer (P)</b> 5:35 - 6:35 pm Erin M	<b>Essential Reformer (PR)</b> 5:30 - 6:30 pm Sandi O	 <b>HIIT / CARDIO TRAMP</b> GREAT CARDIO & STRENGTH BUILDING Thurs 9:15 am	
<b>Reformer Cardio Tramp</b> 6:15 pm - 7:00 pm Sandi O	<b>Intro Reformer (P)</b> 6:40 - 7:40 pm Diane Y		<b>Intro Reformer</b> 6:30 -7:30 pm Sandi O		



**KEEP CALM AND Do Pilates**



**Reformer Resistance Training: Total Body Workout**  
prevents osteoporosis & keeps your body toned & flexible for your whole life, easy on the joints, great for knee rehab & building upper body strength.

**STOTT PILATES:**  
develop core strength easy on the joints

**PRICING OPTIONS (prices before tax)**

<b>drop in / pass</b>	
1 class (pack)	\$15
3 pack	\$42
6 pack	\$85
12 class package	\$165 (1 FREE)
1 kid drop in	\$9
1 Reformer	\$18
1 week pass	\$45
Student 1 month pass	\$99
Adult 1 month Pass	\$150
<b>session (8 wks)</b>	
1 class / wk	\$105
2 classes / wk	\$210
1 Reformer / wk	\$128
1 Reformer / 1 Yoga	\$231
<b>memberships</b>	
1 year	\$89/mo
6 months	\$99/mo
Student membership	\$69/mo (6 mo min)
Student membership	\$260 (4 mo, PAID IN FULL)



**BOSU Blast**  
Wednesday 9:00 - 10:00 am  
Sunday 11:45 - 12:45 pm

**TOTAL BODY BOSU WORKOUT**



**Antigravity YOGA**

have fun, swing upside down great traction for the spine.  
Be a KID again!

please arrive 10 mins early for your class waitlist will be let in 5 mins prior to class  
please observe noble silence inside yoga studios. quiet voice outside studios.

Thank You Thunder Bay for voting us "Best Yoga Studio" ~ Walleve Magazine