



THE BODYMIND CENTRE

all of you . one place

YOGA SCHEDULE OCT 30 - DEC 23 (V2 NOV 11, 2017)

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
PiYo 6:30 - 7:30 am Reija K	Warm Power Yoga 9:00 - 10:00 am Diane Y	New! Warm Core Fusion 6:30 - 7:30 am Reija K	New! TRX 6:30 - 7:30 am Katherine	Warm Yin 9:00 - 10:15 am Angela S	Kundalini Yoga 8:00 - 9:30 am Erin M @ dharmahouse
Warm Unlock Your Hips 9:00 - 10:00 am Erin M	55+Fit For Life 9:30 - 10:30 am Anne Parr	Hot Flow Yoga 9:10 - 10:10 am Diane Y	Warm Unlock Your Hips Yoga 9:00 - 10:00 am Erin M	Gentle Yoga 10:00 - 11:30 am Erin M	New! Hot Vinyasa Flow 9:00 - 10:00 am Megan L
Gentle Yoga 10:00 - 11:30 am Erin M	90 min Warm Yin 10:10 - 11:40 am Diane Y	Kundalini Yoga 10:00 - 11:30 am Erin M	55+Fit For Life 9:30 - 10:30 am Anne Parr	Mom & Baby Yoga 11:40 - 12:40 pm Diane Y	Beginner Antigravity Yoga 8:50 - 9:50 am Diane Y
Warm Yin Yang 10:10 - 11:10 am Angela S	Gentle Flow Yoga 10:30 - 12:00 pm Nancy P	Warm Yin & Twist 10:15 - 11:15 am Diane Y	Gentle Flow Yoga 10:30 - 12:00 pm Nancy P	KEEP CALM AND DO YOGA	Form & Flow 10:00 - 11:30 am Kimberly V
Healing Griefa a gentle class of light movements, breathing and gong meditation to help your healing process.	Ergonomic Yoga 12:05 - 12:55 pm Anne P		Ergonomic Yoga 12:05 - 12:55 pm Anne P		Warm Yin 10:05 - 11:05 am Sara-Kim M
	Mindfulness Meditation is a deeply relaxing guided meditation to help quiet and focus the mind. Suitable for beginners.	<p>Yoga Fusion is yoga and pilates combined: further kinesthetic holds & balances. Strengthen and lengthen.</p> <p>Yoga Dance is hatha flow yoga and contemporary movement. Relax, unwind and enjoy.</p> <p>Candlelight Yoga Nidra is an ancient practice of maintaining awareness while deeply relaxing with a guided full body meditation. Done reclining with pillows and blankets enter healing states with no effort.</p> 			Gentle Yoga 11:40 - 1:00 pm Kimberly V
Kundalini Yoga 4:15 - 5:30 pm Erin M	Kid's Anitgravity Yoga 4:30 - 5:30 pm Diane Y				Hot Strength & Balance 11:10 - 12:10 pm Nancy P
Warm Hip Openers 5:00 - 6:00 pm Angela S	Deep Stretch Warm Yoga 4:00 - 5:00 pm Kimberly V	Warm Yin 4:00 - 5:00 pm Susan B	Hot Yin/Yang 5:30 - 6:30 pm Sasha R	Warm Yin 4:30 - 5:30 pm. Patricia K	Meditation 9:00 - 10:30 am Potala by donation
Strength & Balance Yoga 5:35 - 7:00 pm Patricia K	Beginner Antigravity Yoga 5:30 - 6:30 pm Diane Y	Healing Grief 4:30 - 5:30 pm Erin M	Hot Flow 6:35 - 7:35 pm Diane Y	New! Yoga Fusion 5:00 - 6:15 pm Susan B	Hot Flow 9:30 - 10:30 am Sasha R
Hot Flow 6:05 - 7:05 pm Sasha R	Warm Strength & Balance Flow 5:15 - 6:15 pm Kimberly V	Happy Back Hot Yoga 5:05 - 6:05 pm Diane Y	Long & Strong Ballet Barre 5:00 - 6:00 pm Susan B	New! Yoga Dance 6:20 - 7:35 pm Susan B	lululemon Yoga 9:30 - 10:30 am by food donation
	Intermediate Antigravity 6:35 - 7:35 pm Diane Y	Kundalini Yoga 5:35 - 7:00 pm Erin M	Hatha & Ayurveda 6:05 - 7:35 pm Susan B	Hot Strength & Balance 5:35 - 6:35 pm Sasha R	Beginner's Hot Bikram Yoga 10:35 - 11:35 am Sara-Kim M
Hot Gentle 7:10 - 8:10 pm Jacklyn R	Warm Hips & Hammies 6:20 - 7:20 pm Sasha R	Hot Flow 6:10 - 7:10 pm Diane Y	Mindfulness Meditation 6:45 - 7:45 pm David G @BMC	Candlelight Yoga Nidra 7:45 - 9:00 pm (by donation to The Boys & Girls Club)	Family Yoga 10:35 - 11:35 am by food donation
Restorative Yoga 7:05 - 8:35 pm Susan B	Warm Yin 7:30 - 8:30 pm Sara-Kim M	Strength & Balance 7:10 - 8:20 pm Patricia K	80 min Hot YIN 7:40 - 9:00 pm Nancy P	Be the energy you want to attract.	Warm Gentle Yoga 11:40 - 12:40 pm Sara-Kim M
Hot Yin 8:15 - 9:15 pm Jacklyn R	Hatha Yoga 7:45 - 8:45 pm Kelly M/ Megan L	Hot Yoga for Crossfitters & runners 7:15 - 8:30 pm Sasha R	New! Antigravity Yoga Yin 7:45 - 8:45 pm Diane Y		Kids Yoga 11:40 - 12:40 pm Jacklyn R

PRICING OPTIONS
(prices shown before tax)

drop in	
1 class	\$14
12 class package	\$154 (1 FREE)
session (8 wks)	
1 class / wk	\$96
2 classes / wk	\$192
1 Reformer / wk	\$112
1 Reformer / 1 Yoga	\$194
memberships	
1 year	\$79/mo
6 months	\$99/mo
1 month	\$149/mo
Student membership	\$59/mo

Please observe noble silence inside yoga studios. quiet voice outside studios.
NO cell phones in class or change rooms ~ Thank you

Upcoming Workshops:

Nov 12th - Essential Oils 101 - Learn about the properties of healing plant oils and blends for your body, mind and home with Angela Slomke. 2:30 - 4:30 @ The Bodymind Centre.

Nov 19th - Magical Chocolate Making Workshop - Learn about the incredible benefits of healthy chocolate blends with essential oils and healing plants. Make and eat.
Great idea for Christmas gifts. 3:00 - 6:00 pm.
Advanced registration necessary by Nov 15th

Nov 12, 19, 26 - Healing Gong and Crystal Bowl Meditation. Relax, recline with pillows & blankets and be bathed in the healing vibrations. Leave relaxed and restored with a deep sense of calm. 7:00 - 8:30 pm. \$15 suggested donation. Everyone welcome.





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PILATES SCHEDULE OCT 30 - DEC 23 (V2 NOV 11, 2017)

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(PR)= pre-requisites required ~ (classes subject to minimum registration)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PiYo 6:30 - 7:30 am Reija K	Essential Reformer (PR) 9:00 - 10:00 am Sandi O	New! Warm Core Fusion 6:30 - 7:30 am Reija K	New! TRX 6:30 - 7:30 am Katherine	TRX / Ball/ BOSU 9:00 - 10:00 am Sandi O	Ess + Reformer (PR) 10:00 - 11:00 am Tracey/ Laurie
TRX / Ball/ BOSU 9:00 - 10:00 am Sandi O	EVERYDAY IS A GOOD DAY TO DO PILATES	TRX / Ball/ BOSU 9:00 - 10:00 am Reija K	Ess/Ess+ Mat (PR) 9:00 - 10:00 am Sandi O	Ess Reformer (PR) 10:00 - 11:00 am Sandi O	Ess Reformer (PR) 11:00 - 12:00 pm Tracey/ Laurie
Essential Reformer (PR) 10:00 - 11:00 am Sandi O		Gentle Reformer 9:00 - 10:00 am Erin M	HIIT/ Cardio Tramp 10:00 - 11:00 am Sandi O	<i>Strive for PROGRESS not perfection.</i>	SUNDAY
		Mat/ Reformer (PR) 10:05-11:05 am Reija K	HIIT Pilates 4:30 - 5:30 pm Reija K		Essential reformer 12:00 - 1:00 pm Reija K
Mixed Mat Pilates 4:30 - 5:30 pm Reija K			Intro Reformer 11:10 - 12:10 pm Reija K	Long & Strong Ballet Barre 5:00 - 6:00 pm Susan B	 TRX
Essential Reformer (PR) 5:30 - 6:30 pm Reija K	Essential Mat (PR) 5:00 - 6:00 pm Tracey H	20-20-20 Pilates 5:00 - 6:00 pm Sandi O	Essential Mat Pilates (PR) 5:30 - 6:30 pm Reija K		
Intro Reformer (P) 6:30 - 7:30 pm Reija K	Intro Mat 6:00 - 7:00pm Tracey H	Cardio Tramp Reformer(PR) (PR) 6:00 - 7:00 pm Sandi O	Essential Reformer (PR) 6:30 - 7:30 pm Reija K		



warm core FUSION

Part Pilates, part yoga, rolled up into one, Core Fusion, is proving to be one of the most addictive workouts in a warm room ... See you in class.



Reformer Resistance Training:

KEEP CALM AND Do Pilates

prevents osteoporosis & keeps your body toned & flexible for your whole life, easy on the joints, great for knee rehab and building upper body strength.

PRICING OPTIONS (prices before tax)

drop in	
1 class	\$14
Reformer	\$16
12 class package	\$154 (1 FREE)
session (8 wks)	
1 class / wk	\$96
2 classes / wk	\$192
1 Reformer / wk	\$112
1 Reformer / 1 Yoga	\$194
memberships	
1 year	\$79/mo
6 months	\$99/mo
1 month	\$149/mo
Student membership	\$59/mo



New! HIIT Pilates

latest research shows High Intensity Interval Training enhances cellular repair, increases longevity, great cardio and tones muscle tissue.



lululemon Yoga Classes

in exchange for a non perishable food donation

Nov 5 - POWER
Nov 12 - YIN
Nov 19 - Core
Nov 26 - Flow
Dec 3 - POWER
Dec 10 - YIN
Dec 17 - Core
Dec 24 - Flow

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. NO cell phones in class or change rooms ~ Thank you

KUNDALINI YOGA

Kundalini yoga is known as the yoga of awareness. Balance your mind and energy with breath work, exercises and meditation, finishing with a deeply relaxing gong bath. KY is great to regulate emotions, hormones and the Vagus system resulting in equanimity and good health. Join in anytime.



Antigravity YOGA

& AG Yin/Restorative. super relaxing have fun, swing upside down great traction for the spine

New! Kid's and Teen Antigravity Yoga