



# THE BODYMIND CENTRE

all of you . one place

YOGA SCHEDULE SEP 5 - OCT 29 (V3 SEPT 18, 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	
<b>PiYo</b> 6:30 - 7:30 am Reija K		<b>PiYo</b> 6:30 - 7:30 am Reija K		<b>Warm Yin</b> 9:00 - 10:15 am Angela S	<b>Kundalini Yoga</b> 8:00 - 9:30 am Erin M @ dharmahouse	
<b>Warm Unlock Your Hips</b> 8:45 - 10:00 am Erin M	<b>Warm Power Yoga</b> 9:00 - 10:00 am Diane Y		<b>Warm Unlock Your Hips Yoga</b> 8:45 - 10:00 am Erin M	<b>Gentle Yoga</b> 10:00 - 11:30 am Erin M	<b>Hot Yin/ Yang</b> 9:00 - 10:00 am Sara- Kim M	
<b>Gentle Yoga</b> 10:00 - 11:30 am Erin M	<b>55+Fit For Life</b> 9:30 - 10:30 am Anne Parr	<b>Hot Flow Yoga</b> 9:10 - 10:10 am Diane Y	<b>55+Fit For Life</b> 9:30 - 10:30 am Anne Parr	<b>Mom &amp; Baby Yoga</b> 11:40 - 12:40 pm Diane Y	<b>Beginner Antigravity Yoga</b> 8:50 - 9:50 am Diane Y	
<b>Warm Yin Yang</b> 10:10 - 11:10 am Angela S	<b>90 min Warm Yin</b> 10:10 - 11:40 am Diane Y	<b>Kundalini Yoga</b> 10:00 - 11:30 am Erin M			<b>Form &amp; Flow</b> 10:00 - 11:00 am Kimberly V	
<p>Vagal Breathing reduces tension, anxiety, depression &amp; inflammation Weds @ 4:30pm</p>	<b>Gentle Flow Yoga</b> 10:30 - 12:00 pm Nancy P	<b>Warm Yin &amp; Twist</b> 10:15 - 11:15 am Diane Y	<b>Gentle Flow Yoga</b> 10:30 - 12:00 pm Nancy P	<p><b>DROP AND GIVE ME ZEN</b></p>	<b>Warm Yin</b> 10:05 - 11:05 am Sara-Kim M	
	<b>Ergonomic Yoga</b> 12:05 - 12:55 pm Anne P	<b>PiYo</b> 12:00 - 1:00 pm Reija K	<b>Ergonomic Yoga</b> 12:05 - 12:55 pm Anne P		<b>Prenatal Yoga</b> 11:10 - 12:30 pm Sara-Kim M	
	<p>Thank You Thunder Bay for voting our own Dani R, Kimberly V &amp; Erin M "Best Yoga Instructors" ~ Walleye Magazine</p>					<b>Hot Strength &amp; Balance</b> 11:10 - 12:10 pm Nancy P
	<b>New! Kid's Antigravity Yoga</b> 3:30 - 4:30 pm Diane Y	<p>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</p>				<b>SUNDAY</b>
<b>Kundalini Yoga</b> 4:15 - 5:30 pm Erin M	<b>New! Kid's Antigravity Yoga</b> 4:30 - 5:30 pm Diane Y				<b>Meditation</b> 9:00 - 10:30 am Potala by donation	
<b>Warm Hip Openers</b> 5:00 - 6:00 pm Angela S	<b>Deep Stretch Warm Yoga</b> 4:00 - 5:00 pm Kimberly V	<b>Warm Yin</b> 4:00 - 5:00 pm Susan B	<b>Gentle Flow Yoga</b> 5:30 - 6:30 pm Angela S	<b>Warm Yin</b> 4:30 - 5:30 pm. Patricia K	<b>Hot Form &amp; Flow</b> 9:30 - 10:30 am Sasha R	
<b>Strength &amp; Balance Yoga</b> 5:35 - 7:00 pm Patricia K	<b>Beginner Antigravity Yoga</b> 5:30 - 6:30 pm Diane Y	<b>New! Vagal Breathing</b> 4:30 - 5:30 pm Erin M	<b>Hot Yin/Yang</b> 5:30 - 6:30 pm Sasha R	<b>Power Yoga</b> 5:00 - 6:00 pm Jan A	<b>Power Yoga</b> 9:30 - 10:30 am Jan A	
<b>Hot Flow</b> 6:05 - 7:05 pm Sasha R	<b>Warm Strength &amp; Balance Flow</b> 5:15 - 6:15 pm Kimberly V	<b>Happy Back Hot Yoga</b> 5:05 - 6:05 pm Diane Y	<b>Hot Flow</b> 6:35 - 7:35 pm Diane Y	<b>Yin Yoga</b> 6:05 - 7:05 pm Jan A	<b>Hot Bikram Yoga</b> 10:35 - 11:35 am Sara-Kim M	
<b>Mindfulness Meditation</b> 6:30 - 7:30 pm (by donation) David G @ dharmahouse	<b>Intermediate Antigravity</b> 6:35 - 7:35 pm Diane Y	<b>Kundalini Yoga</b> 5:35 - 7:00 pm Erin M	<b>Restorative Yoga</b> 6:35 - 7:35 pm Susan B	<b>Hot Strength &amp; Balance</b> 5:35 - 6:35 pm Sasha R	<b>SUNDAY ~ by food donation</b> <b>Free Community Yoga</b> 10:35 - 11:35 am	
<b>Hot Gentle</b> 7:10 - 8:10 pm Jacklyn R	<b>Warm Hips &amp; Hammies</b> 6:20 - 7:20 pm Sasha R	<b>Hot Flow</b> 6:10 - 7:10 pm Diane Y	<b>80 min Hot YIN</b> 7:40 - 9:00 pm Nancy P	<b>Candlelight Yoga</b> 7:15 - 8:30 pm (by donation to The Boys & Girls Club)	<b>Warm Gentle Yoga</b> 11:40 - 12:40 pm Sara-Kim M	
<b>New! Restorative Yoga</b> 7:05 - 8:35 pm Susan B	<b>Warm Yin</b> 7:30 - 8:30 pm Sara- Kim M	<b>Strength &amp; Balance</b> 7:10 - 8:20 pm Patricia K	<b>Beginner Antigravity Yoga</b> 7:45 - 8:45 pm Diane Y		<b>Kids Yoga</b> 11:40 - 12:40 pm Jacklyn R	
<b>Hot Yin</b> 8:15 - 9:15 pm Jacklyn R	<b>New! Hatha Yoga</b> 7:45 - 8:45 pm Kelly M/ Megan L	<b>Hot Yoga for Cross Fitters &amp; Runners</b> 7:15 - 8:30 pm Sasha R	<p>Please observe noble silence inside yoga studios. quiet voice outside studios. NO cell phones in class or change rooms ~ Thank you</p>		<b>New! Yoga of Recovery</b> 12:45 - 2:15 pm Susan B	

## PRICING OPTIONS (prices shown before tax)

<b>drop in</b>	
1 class	\$13
12 class package	\$143 (1 FREE)
<b>session (8 wks)</b>	
1 class / wk	\$88
2 classes / wk	\$170
1 Reformer / wk	\$100
1 Reformer / 1 Yoga	\$180
<b>memberships</b>	
1 year	\$79/mo
6 months	\$99/mo
1 month	\$149/mo
Student membership	\$59/mo

## YOGA of RECOVERY

Yoga of Recovery was founded by Durga Leela, a recovering alcoholic, yoga teacher and Ayurvedic practitioner. Durga's prescription creates a solid base for recovery rooted in the 12 Steps and 6 Tenets of Yoga and its sister science, Ayurveda. Yoga of Recovery reunites the Body, Mind and Spirit within the practitioner, allowing them to heal from within.

## CRYSTAL BOWLS GONG MEDITATION

SUNDAYS 7 - 8:30 PM  
everyone welcome  
by donation

DEEPLY RELAXING

**Experience Infrared HOT YOGA**



# THE BODYMIND CENTRE

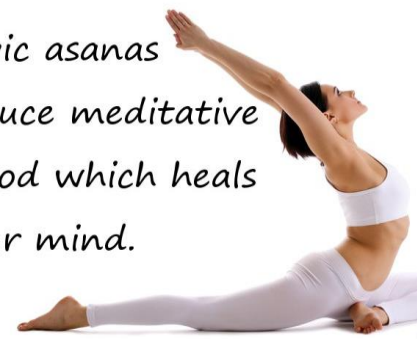
all of you . one place

## PILATES SCHEDULE SEP 5 - OCT 29 (V3 SEPT 18, 2017)

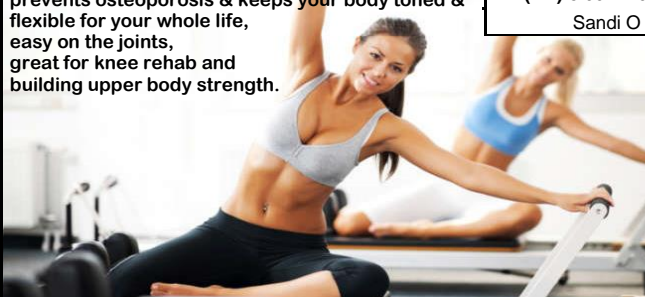
No drop-ins to INTRO classes after the second week because all classes are progressive (P)  
 (PR)= pre-requisites required ~ (classes subject to minimum registration)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>PiYo</b> 6:30 - 7:30 am Reija K	<b>Essential Reformer (PR)</b> 9:00 - 10:00 am Sandi O	<b>PiYo</b> 6:30 - 7:30 am Reija K	<b>Ess/Ess+ Mat (PR)</b> 9:00 - 10:00 am Sandi O	<b>TRX / Ball/ BOSU</b> 9:00 - 10:00 am Sandi O	<b>Ess + Reformer (PR)</b> 10:00 - 11:00 am Tracey/ Laurie
<b>TRX / Ball/ BOSU</b> 9:00 - 10:00 am Sandi O	<b>I Love Pilates...</b> <i>"If your sleep is disturbed, rise immediately and perform your (Pilates Mat) exercises. It is far better to be tired from physical exertion than to be fatigued by the 'poisons' generated by nervousness while lying awake."</i> - Joseph H. Pilates (Return to Life, p. 31)	<b>TRX / Ball/ BOSU</b> 9:00 - 10:00 am Reija K	<b>New! HIIT/ Cardio Tramp</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> 11:00 - 12:00 pm Tracey/ Laurie
<b>Essential Reformer (PR)</b> 10:00 - 11:00 am Sandi O		<b>Gentle Reformer</b> 9:00 - 10:00 am Erin M	<b>• IF IT'S EASY IT'S PROBABLY NOT PILATES</b>	<b>Yogic asanas induce meditative mood which heals your mind.</b>	
<b>20-20-20 Pilates</b> 4:30 - 5:30 pm Reija K		<b>Mat/ Reformer (PR)</b> 10:00-11:00 am Reija K			<b>New! Total Body Barre</b> 4:30 - 5:25 pm Reija K
<b>Essential Reformer (PR)</b> 5:30 - 6:30 pm Reija K		<b>Intro Reformer</b> 11:00 - 12:00 pm Reija K	<b>Essential Mat Pilates (PR)</b> 5:30 - 6:30 pm Reija K		
<b>Intro Reformer (P)</b> 6:30 - 7:30 pm Reija K		<b>Essential Mat (PR)</b> 5:00 - 6:00 pm Tracey H	<b>20-20-20 Pilates</b> 5:00 - 6:00 pm Sandi O		<b>Essential Reformer (PR)</b> 6:30 - 7:30 pm Reija K

Yogic asanas induce meditative mood which heals your mind.



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



**Cardio Tramp Reformer(PR) (PR) 6:00 - 7:00 pm**  
Sandi O



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



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6 months	\$99/mo
1 month	\$149/mo
Student membership	\$59/mo



### HOT CORE FUSION

Pilates / Yoga Class in Hot Room



### Total Body Barre

Thurs @ 4:30



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 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**