



| DAY | TIME | CLASS | LEVEL | INSTRUCTOR | |
|---------------------------------|---|---|--|---------------------|---------------------|
| Mondays: | 9:30-11:00 am | Ashtanga | All Levels | Sonja | |
| | 4:45-5:50 pm | Detox Flow | 1 | Chantal | |
| | 6:00-7:15 | Ashtanga | 1 | Josh | |
| | 7:30-9:00 | Ashtanga | Beginner | Andrea ² | |
| Tuesdays: new class! | 6:30-7:45 am | AM Ashtanga PR ¹ (Check Dates) | 1 | Christine | |
| | 10:00-11:15 | Flow Yoga | All levels | Leslie | |
| | 1:00-2:30 pm | Iyengar | 1-2 | Susan ² | |
| | 4:45-5:50 | Flow | All levels | Svitlana | |
| | 6:00-7:30 | Ashtanga | 1-2 | Laurie | |
| | 7:45-9:00 | PreNatal Yoga PR ¹ | All Levels | Tracey ² | |
| | new class! | 9:15-10:15 | Ashtanga Express | All Levels | Leslie |
| Wednesdays: | 9:30-10:45 am | Detox Flow | All levels | Sonja | |
| | 11:00-12:15 pm | Restorative Yoga | All levels | Tracey ² | |
| | 12:30-1:45 | Moms n' Babes Post Natal PR ¹ | All levels | Tracey ² | |
| | new teacher! new time! | 5:00-6:00 | Flow Yoga for Strength | 1 | Michael |
| | 6:00-7:30 | Ashtanga | Beginner/1 | Christine | |
| | 7:45-9:00 | 🌀 Yoga for Runners™ | All Levels | Christine | |
| Thursdays: new class! | 6:30-7:45 am | AM Ashtanga PR ¹ (check dates) | 1 | Leslie | |
| | 10:00 - 11:15 am | Flow Yoga | All levels | Leslie | |
| | 6:00-7:15 pm | Ashtanga | Beginner | JP | |
| | 7:30-9:00 | Ashtanga | 1-2 | JP | |
| Fridays: | 6:30-8:00 am | Studio open for free self practice (check dates) | All | | |
| | 9:15-10:45 | Ashtanga | 1 | Christine | |
| | 11:00-12:30 pm | Iyengar | 1 | Susan ² | |
| | 4:30-5:45 | Yoga Groove 🎵 | 1-2 | Laurie | |
| | 6:15-7:30 | Restorative Yoga | All levels | Tracey ² | |
| | <i>Last Friday of month³</i> | 6:00-8:00 | Restorative Workshop | All levels | Tracey ³ |
| | | 6:30-8:00 | Yoga Basics 1 PR ¹ (check dates) | Intro | Svitlana |
| | | 7:00-8:30 | Yoga for Kids Age 5+ PR ¹ (check dates) | All Levels | |
| Saturdays: | 8:30-10:00 am | Ashtanga | 1-2 | Laurie | |
| | 10:15-11:45 | Ashtanga | 1 | Andrea ² | |
| | 12:00-1:30 pm | Ashtanga | Beginner | Andrea ² | |
| | 1:45 -3:15 | Yoga Basics 1 PR ¹ | Intro | Andrea ² | |
| | new teacher! | 3:30-5:00 | Flow Yoga for Strength | All Levels | Michael |
| | | 5:15-6:30 | Community Karma Yoga (Pay what you can) | All Levels | Various |
| Sundays: new class! | 8:30-10:00 am | Ashtanga | 1 | Christine | |
| | 10:15-11:45 | 🌀 Yoga for Runners™ 8 week series PR ¹ (Check Dates) | Beginner | Christine | |
| | 12:00-1:15 pm | PreNatal Yoga | All levels | Tracey ² | |
| | 1:30-3:45 | Workshops PR | All Levels | Various | |
| | 4:00-5:15 | Ashtanga | All Levels | Suz | |

SCHEDULE IN EFFECT AS OF JAN 15, 2010

Drop-ins and mid-session registration are welcome for pre-registered classes that have already begun if space allows – call the studio to inquire in advance.

- 1 This is a pre-registered workshop and dates vary. Call or visit us on-line to register.
- 2 This teacher is pre-natal trained. Pregnant women may attend the class but should inform the teacher of their pregnancy.
- 3 Payment for this 2 hour workshop is a class pass +\$5 or \$22. Free for Annual and Monthly Passholders.

ALL CLASSES ARE DROP-IN UNLESS OTHERWISE NOTED WITH A "PR" NEXT TO THE CLASS. VISIT WWW.BREATHEYOGASTUDIO.COM FOR CLASS DESCRIPTIONS.

Studio Hours

The studio is open daily for inquiries one half hour before classes start. To speak to someone outside of these hours, please call us at **(416) 926 9642**.

Class Schedules

Schedules are available in our mailbox or on our website **www.breatheyogastudio.com**.

ASHTANGA YOGA: Ashtanga yoga is a style of yoga developed by Sri. K Pattabhi Jois in India. It is a dynamic form of yoga that involves synchronizing the breath with a series of postures to produce an intense inner heat that detoxifies the body's muscles and organs. The regular practice of Ashtanga yoga builds strength, flexibility and inner focus. **ASHTANGA BEGINNER'S LEVEL** Students completely new to the ashtanga practice will be introduced to the fundamentals: postures proper alignment, breathing techniques and meditation. **ASHTANGA LEVELS 1** and up Students familiar with the basic postures will begin to experience the flow of the Ashtanga practice by connecting together the series of postures. Each level is designed to help you advance in the practice. We encourage you to find the level that is most appropriate for you.

MEDITATIVE FLOW

A flowing vinyasa class that incorporates meditation and pranayam (breathing). Leave the class feeling calm, relaxed and rejuvenated.

DETOX FLOW YOGA: A Hatha yoga class which links postures with the breath. Poses will build upon each other, allowing for creating inner heat, releasing blocked energies, and toxins, gradually increasing flexibility and strength.

IYENGAR YOGA: Iyengar yoga is a method of Hatha Yoga which emphasizes balance between strength and flexibility, the building of endurance, and the development of self-awareness through precision in movement and attention to the more subtle aspects of posture and breath.

YOGA GROOVE: a fun and dynamic Ashtanga class set to rock'in music.

🌀 **yoga for runners™ Drop-in Class:** A regular drop-in yoga class for the athletic body. The class is taught by Christine Felstead, a former marathon runner and developer of the popular Yoga for Runners workshop series + DVD.

RESTORATIVE YOGA: These classes approach postures from a "restorative" perspective, where slow exploration of postures allows for deep relaxation and quiet meditation. These classes are excellent for unwinding and are suitable for students at all levels and ages, including seniors. Friday night class is candlelit for enhanced relaxation.

FULL RESTORATIVE YOGA – Every last Friday of the month, allow yourself to luxuriate in a longer class which incorporates Thai Massage techniques, hands-on assists and longer holding of postures, enabling complete relaxation and letting go. Special pricing in effect for this longer class.

NEW TO YOGA? We recommend beginning with our popular Introductory 5 week Yoga Basics 1 Workshop which covers the fundamentals of yoga in a setting where all students are beginners. These workshops are offered regularly — please check our website for dates. If they are not offered at a convenient time for you, you are welcome to attend any one of our beginner drop-in classes.

BREATHE YOGA -- A FULL TRAINING CENTRE WITH WORKSHOPS + HIGHER TRAINING FOR STUDENTS AND ASPIRING TEACHERS

Whether you are a beginner or more advanced student, Breathe offers a wide array of workshops that will help you build your physical practice, immerse yourself greater in yogic theory and satisfy your passion fully by becoming a yoga teacher. See our website for further details

YOGA RETREAT — AN ITALIAN YOGA AND CULTURAL HOLIDAY MAY 2010

Close your eyes and imagine waking up to practice yoga in an ancient southern Italian villa with bucolic views of the Italian country side. Further imagine dining in the open air on fresh organic Italian cuisine. See yourself visiting nearby ancient towns by bicycle and strolling along the Mediterranean beach. Picture visiting the iconic cultural and architectural masterpieces of Rome. You can make this vision a reality by registering and coming with Breathe staff and students on this incredible journey!