

## Description of Classes

### Pilates

With breath awareness build core, strength & stamina (props used).

### Pilates/Relax

Build core, strength & stamina with an emphasis on breath & body awareness with the use of props & an added relaxation component.

### Pilates/Yoga Fusion

Combined class of mat pilates & yoga (build core strength, improve balance, increase flexibility and rejuvenate your body/mind).

### Prenatal Yoga

A beginning class for pregnant women, who want to increase body and breath awareness, in preparation for childbirth.

### Postnatal Yoga

Restore body back to its' original strength & tone. Babies welcome.

### Preschool Yoga

A fun and playful yoga class for 3-5 year olds with an educational focus on reading and music.

### Youth Yoga

Hatha yoga class geared towards children between the ages of 8-12 years of age. Class includes asana, pranayama and yoga nidra.

### Stressbuster Yoga

Relaxation; rid your body of stress. Create deep stillness with an emphasis on breath & supported relaxed postures.

### Candlelight Yoga

Wind down with yoga by candlelight with both energizing and relaxing asanas. Meditation and yoga nidra included.

### Yoga Nidra

Supported asana, breath work and a 45 minute Yoga Nidra, known as "sleep with awareness". Enjoy a relaxed and meditative state.

### Sun & Moon Salute

Class comprised of devotional movements to the sun and moon. Rejuvenating and energizing for your body, mind and spirit.

### Meditation & Relaxation

Class includes guided meditation with japa (vibrational mantra) and pranayama (breath work) and savasana (relaxation component).

### Partner Yoga

Attend as partners to support one another. Balance and coordination are required, along with a sense of humour.

## Sign-Up Specialty Classes ~ \$14.25

**Fridays** ~ 7:30 - 9:00 p.m.

Type of Class	Date
Partner Yoga	Jan. 27 & March 23
Sressbuster Yoga	Feb. 3 & April 13
Yoga Nidra Evening	Feb. 24
Candlelight Yoga	March 2
Meditation & Relaxation	March 9
Sun & Moon Salute	March 16
Chakra Yoga & Meditation	Jan. 20 & Apr. 20

Please sign-up at the studio or email to have your name added to the Class List.

## Family Yoga ~ \$10.25

**Sundays** ~ 11:00 a.m. - 12:00 p.m.  
Jan. 29, March 4 & April 15

Please sign-up at the studio or email to have your name added to the Class List.

## Class Fees

Session	1 Hr.	1 ¼ Hr.	1 ½ Hr.
4 Week	(45 mins.)	\$ 30.00	
6 Week	\$ 61.50		
8 Week	\$ 82.00		
11 Week		\$134.75	\$156.75
13 Week	\$133.25		\$185.25
15 Week	\$153.75	\$183.75	\$213.75
17 Week	\$174.25	\$208.25	\$242.25
Drop-In	\$ 12.25	\$ 14.50	\$ 16.75

All prices include gst. Registration is required of all classes. Schedule is subject to change due to enrollment. Drop-in students allowed if space permits. Phone or email to confirm availability for each individual class you wish to attend. Thanks!

# HARMONY YOGA/PILATES STUDIO



*deindlab*

## Winter/Spring 2012 Brochure

*... Stillness...  
Life in Harmony  
...with the Self...*

**#200, 3160-118 Avenue S.E.,  
Calgary, Alberta T2Z 3X1**

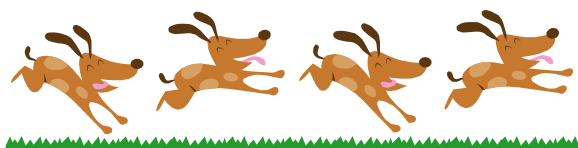
**Phone (403) 809-1402**

**Email: [info@harmonyogastudio.ca](mailto:info@harmonyogastudio.ca)**

**Website: [www.harmonyogastudio.ca](http://www.harmonyogastudio.ca)**

# Harmony Yoga Pilates Studio

## Winter/Spring Session 2012



Practice of yoga tones and regulates the body. It teaches clarity/ stabilization of the mind and promotes relaxation. Pilates improves stamina, coordination, concentration, alignment & core strength. Perform both to uncover the connection between the body and mind, while profoundly transforming both.

### How to Choose a Class

Choose a time that is convenient for you to make yoga and pilates a regular part of your life. Feel free to inquire.

- ☯ Arrive 10 minutes prior to class.
- ☯ Wear comfortable, free-moving attire.
- ☯ Come with an empty stomach and an open mind.
- ☯ Please do not wear highly scented products.
- ☯ BYOM (Bring your own mat).
- ☯ Peace awaits you.
- ☯ Check website for upcoming workshops.

### SOYA RYT200/500 Yoga Teacher Training

Yoga Teacher Training is offered at Harmony! Certified by SOYA /Yoga Alliance for a RYT200 July 2012 Two-Week Intensive & Extended 1 ¼ Year 300 Hour Upgrade to obtain RYT500 status Jan. 2012. Designed to complement any style of hatha yoga. Also offered in an RYT200 Yoga Therapy Teacher Training Program in August 2012. Phone or email for further information about our programs.

### Winter Schedule of Classes

**Monday** 15 Week Session ~ Jan. 9 – April 30  
(No Class February 13 & 20)

5:00-6:00 p.m.	Pilates
6:15-7:30 p.m.	Hatha Beginner
7:45-9:00 p.m.	Mantra Yoga

**Tuesday** 17 Week Session ~ Jan. 3 – May 1  
(No Class February 14)

9:00-10:15 a.m.	Pilates/Relax
1:45-2:45 p.m.	(#1 -8 Week – Jan. 17-Mar. 6) Postnatal Yoga
	(#2 -8 Week- Mar. 13-May 1)
6:00-7:30 p.m.	Hatha Mixed
7:45-9:00 p.m.	Pilates/Yoga Fusion

**Wednesday** 17 Week Session ~ Jan. 4 – May 2  
(No Class February 15)

4:45-5:45 p.m.	(#1 -6 Week – Jan. 18-Feb. 29)	Youth Yoga
	(#2 -6 Week- Mar. 7-April 11)	
6:00-7:15 p.m.		Pilates/Relax
7:30-8:45 p.m.	(Fiona)	Hatha Beginner

**Thursday** 15 Week Session Jan. 5–April 26  
(No Class Feb. 16 & March 29)

9:00-10:30 a.m.	Pilates/Yoga Fusion
12:00-1:00 p.m.	Hatha Beginner
4:00-4:45 p.m.	(#1 -4 Week- Jan. 19-Feb. 9)
	(#2 -4 Week- Mar. 1-22)
5:00-6:15 p.m.	Hatha Mixed
6:30-7:45 p.m.	Pilates/Yoga Fusion
8:00-9:15 p.m.	Hatha Established

**Friday** 13 Week Session Jan. 6 – April 27  
(No Class Feb. 17, March 30 & April 6)

9:00-10:30 a.m.	Hatha Mixed
10:40-11:40 a.m.	Pranayama & Meditation

**Saturday** 11 Week Session Jan. 14 – April 21  
(No Class Feb. 11 & 18, March 31 or April 7)

9:00-10:30 a.m.	Restorative Yoga
10:45 a.m.–12:15 p.m.	Pilates/Yoga Fusion
12:30-1:45 p.m.	Prenatal Yoga

(Helen teaching classes unless otherwise specified).

### Description of Classes

#### **Hatha Beginner**

Instructed in a gentle, supportive manner. Learn to link the breath with movement and increase flexibility, strength and balance. You will learn to relax, rejuvenate and experience yourself in a new way.

#### **Hatha Mixed**

A well-balanced class open to all levels of students from beginners to those with more experience. Asana including inversions, core strengtheners, pranayamas and yoga nidra.

#### **Hatha Established**

Class geared towards continuing students who have a solid foundation in yoga. Includes asana, pranayama and yoga nidra to deepen the experience of your yoga practice.

#### **Mantra Yoga**

Experience the spiritual/devotional side of yoga with the practice of sanskrit chanting and mantra japa. Finish with a short meditation and mudra to achieve the bliss of yoga.

#### **Restorative Yoga**

These restorative postures include the use of many props to support and add comfort for the body. The more fully your body is supported the deeper your sense of relaxation will be. This yoga practice will leave you well-nourished and well-rested.

#### **Pranayama and Meditation**

Practice different pranayamas to increase prana (vital life force) & attain balance in the body. Use this movement of breath to steady the mind with various meditative techniques.

#### **Chakra Yoga & Meditation**

This balanced class works with asanas related to each chakra. These chakras are then incorporated into the meditation session and yoga nidra with the vibrations of chakra chimes.