

## Description of Classes

### Hatha Gentle

For beginners or those who want a gentler yoga class. Work with movement, breath and relaxation in a gentle, therapeutic way.

### Hatha Healthy Backs

For students with current or previous back issues who wish to learn postures to alleviate pain, increase flexibility, core and strength.

### Hatha Yin

Hatha postures are held for several minutes to relax the muscles and gently stretch the connective tissues that form your joints.

### 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.

### Meditation & Relaxation

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

### 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.

### Partner Yoga

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

### 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.

## Sign-Up Specialty Classes ~ \$14.25

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

Type of Class	Date
Candlelight Yoga	Jan. 15 <sup>th</sup>
Yoga Nidra Evening	Jan. 29 <sup>th</sup>
Meditation & Relaxation	Feb. 5 <sup>th</sup>
Stressbuster Yoga	Feb. 12 <sup>th</sup>
Partner Yoga	Feb. 26 <sup>th</sup>
Chakra Yoga & Meditation	Jan. 22 <sup>nd</sup> , Feb. 19 <sup>th</sup> , Mar. 19 <sup>th</sup>

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. 24<sup>th</sup> and Feb. 21<sup>st</sup>

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

## Class Fees

Session	45 Min.	1 Hr.	1 ¼ Hr.	1 ½ Hr.
8 Week	\$ 60.00	\$ 82.00		\$114.00
10 Week			\$122.50	
11 Week				\$156.75
12 Week		\$123.00	\$147.00	\$171.00
13 Week	\$ 97.50	\$133.25	\$159.25	\$185.25
Drop-In	\$ 10.00	\$ 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.

# HARMONY YOGA/PILATES STUDIO



## ***BROCHURE***

*... Stillness...*

*Life in Harmony*

*...with the Self...*

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# Harmony Yoga Pilates Studio

## Winter Session 2010



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 by Intensive & Extended Programs. These trainings are certified by SOYA and with Yoga Alliance at the RYT200 & 500 Levels. Designed to complement any style of hatha yoga. Phone or email for further information about our programs! Next trainings being offered: Two Week Intensive in August 2010 and One Year 300 Hour Extended Program starting in Jan. 2011. *NEW: Harmony is also offering a RYT200 Yoga Therapy Training Program starting in Sept. 2010.*

### Fall Schedule of Classes

#### Monday

8 Week Session  
Jan. 4<sup>th</sup> – Mar. 1<sup>st</sup> (No Class Feb. 15<sup>th</sup>)  
5:00-6:00 p.m. Pilates

12 Week Session  
Jan. 4<sup>th</sup> – Mar. 29<sup>th</sup> (No Class Feb. 15<sup>th</sup>)  
6:15-7:30 p.m. Hatha Beginner  
7:45-9:15 p.m. Hatha Mixed

#### Tuesday

13 Week Session ~ Jan. 5<sup>th</sup> – Mar. 30<sup>th</sup>  
6:00-7:15 p.m. Hatha Mixed  
7:25-8:40 p.m. Mantra Yoga  
8:45-9:30 p.m. Yoga Sadhana

#### Wednesday

13 Week Session ~ Jan. 6<sup>th</sup> – Mar. 31<sup>st</sup>  
6:00-7:15 p.m. Pilates/Relax  
7:30-8:45 p.m. (Fiona) Hatha Beginner

#### Thursday

8 Week Session ~ Jan. 7<sup>th</sup> – Feb. 25<sup>th</sup>  
7:30-8:30 a.m. Early Bird Yoga  
9:00-10:30 a.m. Pilates/Yoga Fusion  
10:45-11:30 a.m. Preschool Yoga

13 Week Session ~ Jan. 7<sup>th</sup> – April 1<sup>st</sup>  
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. 8<sup>th</sup> – Mar. 26<sup>th</sup>  
9:00-10:15 a.m. Hatha Mixed  
10:30-11:30 a.m. Hatha Gentle

#### Saturday

11 Week Session  
Jan. 9<sup>th</sup> – Mar. 27<sup>th</sup> (No class Feb. 13<sup>th</sup>)  
9:00-10:30 a.m. Hatha Mixed  
10:45 a.m.–12:15 p.m. Pilates/Yoga Fusion

10 Week Session ~ Jan. 16<sup>th</sup> – Mar. 27<sup>th</sup>  
12:30-1:45 p.m. Prenatal  
(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.

#### 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.

#### 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.

#### Early Bird Yoga

Start your morning with flowing sun salutations. This energizing workout will awaken your body and mind for the upcoming day.

#### Yoga Sadhana

Interactive class that invites you to actively participate in the unfolding & understanding of yourself by introducing practical exercises for inner development and self-mastery, which can be practiced in your everyday life. Become conscious of your purpose in life.

#### 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.

#### Introduction to Ayurveda Workshop

**Sunday, Feb. 21<sup>st</sup> ~ 1:00-4:00 p.m.** Fee: \$40.00  
In this workshop the three doshas will be introduced and an understanding of what they do. Information will be provided for you to determine your constitutional type, types of foods you should and shouldn't consume and what sort of yoga practice you should do for your dosha.