

FOUNDATIONS PROGRAM

3 classes \$54.00 (4 week expiry)

6 classes \$98.00 (8 week expiry)

DISCOUNT HOUR BANK SYSTEM

This system is designed for dedicated students who attend regularly, one or more classes per week.

6 HOURS / FOUR WEEK EXPIRY \$74

9 HOURS / EIGHT WEEK EXPIRY \$111

12 HOURS / TWELVE WEEK EXPIRY \$149

18 HOURS / TWELVE WEEK EXPIRY \$212

24 HOURS / TWELVE WEEK EXPIRY \$266

classes must be used before the expiry date**Extensions may be given for participation in YCT programs (workshops, intensives, Sadhanas, special programs).****INDIVIDUAL CLASS PURCHASES (levels 1,2,3,4)**

Single class 1.25 hours \$21

Single class 1.5 hours \$24

Single class 2 hours \$30

SPECIAL CLASSES

Students new to these classes must register for three classes to start. Subsequent classes may be purchased per class or from the hour bank system).

3 Pre-natal classes \$54

SPECIAL NEEDS PROGRAM**SPECIAL PRACTICE PROGRAM**

Pre-registration required.

12 weeks \$217

BACK CARE PROGRAM

Pre-registration required.

12 weeks \$217

CARDAIC PROGRAM

Pre-registration required.

12 weeks \$217

PRANAYAMA PROGRAM

Pre-registration required.

12 weeks \$149

YOGA FOR KIDS

12 Week Program \$101

YOGA FOR TEENS

6 classes/ TEN WEEK EXPIRY \$48

ENRICHMENT PROGRAM

Commencement in January 2011

Includes monthly group discussions, bi-monthly interviews, and "How to Practice" workshop. See reverse for details.

ALL SPECIAL PROGRAMS COMMENCE THE WEEK OF September 12th, 2011**prices do not include HST*****no refunds****MONDAY**

6:00-7:30 am

Level 2/3

Marlene Mawhinney

7:30-9:00 am

***Back Care Program**

12 week program

Marlene Mawhinney

Nadia Horodynsky

9:45-11:45 am

Level 2/3

Marlene Mawhinney

10:00-11:30 am

Level 1

Brenda Ledsham

1:00-2:30 pm

***Cardiac Program**

12 week program

Marlene Mawhinney

Nadia Horodynsky

6:00-7:30 pm

Level 1

Michèle McLean

6:15-7:30 pm

Foundations

Nadia Horodynsky

7:30-9:00 pm

Level 2

Michèle McLean

7:30-9:00 pm

Level 3

Nadia Horodynsky

TUESDAY

9:30-11:00am

Level 1

Didi Hall

2:00-3:30 pm

***Special Practice Program**

12 week program

Marlene Mawhinney

Michele McLean

2:00-3:30 pm

Level 1/2

Brenda Ledsham

**Yoga for Children with****Stephanie Tencer**

8 – 12 years

4:30-5:30

12 week sessions \$101

(September through June)

4:30-6:00 pm

***Special Needs Program**

12 week program

Marlene Mawhinney

Nadia Horodynsky

6:00-8:00 pm

Level 3/4

Marlene Mawhinney

6:00-7:30 pm

Level 2

Nadia Horodynsky

7:30-9:00

Level 1

Nadia Horodynsky

WEDNESDAY

6:00-7:30 am

Level 2/3

Marlene Mawhinney

7:30-8:30 am

***Pranayama Program**

Marlene Mawhinney

9:30-11:30am

YCT Teacher Training/Upgrading

Marlene Mawhinney

10:00-11:15 am

Foundations

Nadia Horodynsky

10:00-11:30 am

Level 1

Andy Orr

11:45 am-1:45 pm

Level 3/4

Marlene Mawhinney

2:00-3:30 pm

Level 2

Andy Orr

2:00-3:00pm

***Pranayama Program**

Marlene Mawhinney

4:30-5:45 pm

Yoga for Teens

Brooke Garnet

(September through June)

6:00-7:15 pm

Prenatal

Brenda Ledsham

6:00-7:15 pm

Foundations

Andy Orr

7:30-9:00 pm

Level 1

Andy Orr

7:30-9:00 pm

Level 2

Richard Jezior

THURSDAY

9:30-11:00am

Level 1/2

Didi Hall

11:00am-12:30pm

***Special Practice Program**

12 week program

Marlene Mawhinney

Linda Kaytor

11:00am-12:30pm

***Cardiac Program**

12 week program

Marlene Mawhinney

Didi Hall

12:30-1:45

Seniors & MS Program (12 weeks, commencing October 6th, 2011)

Linda Kaytor

1:45-3:45 pm

Level 2

Marlene Mawhinney

4:30-6:00 pm

***Special Needs Program**

12 week program

Marlene Mawhinney

Andy Orr

6:00-8:00 pm

YCT Teacher Training/Upgrading

Marlene Mawhinney

6:00-7:30 pm

Level 1

Sarah Bertucci

6:00-7:30 pm

Level 2

Andy Orr

7:30-8:45 pm

Foundations

Sarah Bertucci

7:30-9:00 pm

Level 3

Andy Orr

FRIDAY

6:00-7:30 am

Level 2/3

Jocelyn Hollman

9:45-11:45 am

Level 2/3

Shabnam Ghazi

10:00 -11:30 am

Level 1

Brooke Garnet

6:00-7:30pm

Level 1

Jocelyn Hollmann

6:00-7:30 pm

Level 2

Michèle McLean

SATURDAY

10:45 am-12:15 pm

Level 2

Shabnam Ghazi

SUNDAY

9:00-10:30 am

Level 2

Sarah Bertucci

10:30-12:00 am

Level 1

Sarah Bertucci

10:30-11:45 am

Foundations

Jocelyn Hollmann

12:00-1:30 pm

Level 2/3

Jocelyn Hollmann

SCHEDULE

UPDATED

September 2011

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