

## YOGA ETIQUETTE

All workshops may be registered in advance. If registering on the day of attendance please arrive in appropriate time to register before the workshop commences.

It is imperative that students arrive on time for all classes and workshops.

Shorts or fitted tights and full length t-shirts with short sleeves are required.

All equipment is supplied and maintained by YCT.

Water is available on site. We request that you not bring water bottles into class.

2428 Yonge St. Toronto 416-492-1334 www.yogacentretoronto.ca

## SEPTEMBER 2011

**4 Day Intensive**  
**Marlene Mawhinney**  
September 6,7,8,9  
6am-9am  
**\$245(+HST)**

**YCT**  
**Teacher Training**  
**Assessment**  
Friday September 9  
9am-5pm

**IYAC**  
**Introductory 1**  
**Teachers Assessment**  
Saturday September 10  
9am-5pm

**Special Programs**  
Commence September 12

**Teacher Training**  
**Orientation**  
YCT Student Teachers  
Tuesday September 20  
6pm-8pm

**Teacher Training**  
**Workshop**  
(YCT student teachers)  
**Marlene Mawhinney**  
Saturday September 24  
6am-9am  
**\$40 (+HST)**

**Asana Workshop**  
Level 2/3/4  
**Marlene Mawhinney**  
Saturday September 24  
9am-12:30 pm  
**\$59(+HST)**

## OCTOBER 2011

**IYAC**  
**Intermediate /Junior III**  
**Teachers Assessment**  
9am-5pm  
Sat/Sun October 1, 2  
**Student volunteers**  
**needed**

**Sutras Study (1<sup>st</sup> class)**  
**Tuesday Evening**  
October 4  
6 pm-7:30 pm  
All levels welcome

**Sutras Study (1<sup>st</sup> class)**  
**Wednesday Morning**  
October 5  
6am-7:30am  
All levels welcome

**Senior/MS Classes**  
Commence October 6

 **Closed October 10**

**Asana Workshop**  
Level 1/2  
**Andy Orr**  
Saturday October 15  
9am-12pm  
**\$48 (+HST)**

**Assessment Preparation**  
**Clinic**  
October 21, 22, 23  
Friday 6pm-9pm  
(Teachers must arrive by 5:30)  
Saturday/Sunday  
9am-12pm / 1pm-5pm  
**\$300 (+HST)**

October Continues...

## October Continued...

**Teacher Training**  
**Workshop**  
(YCT student teachers)  
**Marlene Mawhinney**  
Saturday October 29  
6am-9am  
**\$40 (+HST)**

**Asana Workshop**  
Level 2/3/4  
**Marlene Mawhinney**  
Saturday October 29  
9am-12:30 pm  
**\$59(+HST)**



## NOVEMBER 2011

**30 Day Sadhana**  
**Marlene Mawhinney**  
November 1-November 30  
6:15am-7:30am  
**\$276 (+HST)**

**Sutras Study 2**  
**Tuesday Evening**  
November 8  
6 pm-7:30 pm

**Sutras Study 2**  
**Wednesday Morning**  
November 9  
6am-7:30am

November Continues...

## November Continued...

**Anatomy (1<sup>st</sup> class)**  
**Theresa McDiarmid**  
Yct Teachers/StudentTeachers  
Thursday, November 19  
6 pm-8 pm

**Week End Intensive**  
Level 2/3/4  
**Marlene Mawhinney**  
November 11, 12, 13  
Friday 6-9pm  
Sat / Sun, 9am-1pm  
**\$231 (+HST)**

**Asana Workshop**  
Level 1/2  
**Andy Orr**  
Saturday November 19  
9am-12pm  
**\$48 (+HST)**

**Teacher Training**  
**Workshop**  
(YCT student teachers)  
**Marlene Mawhinney**  
Saturday November 26  
6am-9am  
**\$40 (+HST)**

**Asana Workshop**  
Level 2/3/4  
**Marlene Mawhinney**  
Saturday November 26  
9am-12:30 pm  
**\$59(+HST)**

## DECEMBER 2011

**Asana Workshop**  
Level 1/2  
**Andy Orr**  
Saturday December 10  
9am-12 pm  
**\$48 (+HST)**

**Teacher Training**  
**Full Morning**  
**Workshop**  
(YCT student teachers)  
**Marlene Mawhinney**  
Saturday December 17  
7:30 am-12:30 pm  
**\$107 (+HST)**

**Anatomy (1<sup>st</sup> class)**  
**Theresa McDiarmid**  
Yct Teachers/StudentTeachers  
Thursday, November 19  
6 pm-8 pm

## Holiday Hours



Last regular classes  
December 23, 2011  
Regular classes resume  
January 2, 2012  
**Happy Holidays!**  
**Holiday Class Schedule**  
(to be announced)

Yoga Centre Toronto  
**HAPPENINGS**  
**2011/2012**

Updated September 2011  
**416-482-1334**

## JANUARY 2012

### Holiday Hours



Regular classes resume  
January 3, 2012  
**Happy Holidays!**

### Asana Workshop

Level 1/2  
**Andy Orr**  
Saturday, January 7  
9am-12pm  
**\$48 (+HST)**

### Enrichment Orientation

**Andy Orr**  
Tuesday January 10  
6pm-8pm

### Correcting Knees

All Levels  
**Andy Orr**  
**Sarah Bertucci**  
Saturday, January 21  
9am-12:30pm  
**\$59 (+HST)**

### Teacher Training Workshop

(YCT student teachers)  
**Marlene Mawhinney**  
Saturday, January 28  
6am-9am  
**\$40 (+HST)**

### Asana Workshop

Level 2/3/4  
**Marlene Mawhinney**  
Saturday, January 28  
9am-12:30pm  
**\$59 (+HST)**

## FEBRUARY 2012

### Asana Workshop

Level 1/2  
**Andy Orr**  
Saturday, February 4  
9am-12pm  
**\$48 (+HST)**



**Closed February 20**

### Teacher Training Workshop

(YCT student teachers)  
**Marlene Mawhinney**  
Saturday, February 25  
6am-9am  
**\$40 (+HST)**

### Asana Workshop

Level 2/3/4  
**Marlene Mawhinney**  
Saturday, February 25  
9am-12:30pm  
**\$59 (+HST)**

## Yoga Centre Toronto HAPPENINGS

### 2011/2012

Updated September 2011

Information is  
subject to change

**416-482-1334**

[www.yogacentretoronto.ca](http://www.yogacentretoronto.ca)

## MARCH 2012

### Asana Workshop

Level 1/2  
**Andy Orr**  
Saturday, March 3  
9am-12pm  
**\$48 (+HST)**

### Correcting Hips

All Levels  
**Nadia Horodinsky**  
**Jocelyn Hollman**  
Sunday, March 4  
9am-12pm  
1pm-4pm  
Sunday, 9am-1pm  
**\$107 (+HST)**

### How to Practice

All Levels  
**And Orr**  
Saturday, March 10  
9am-12pm  
1pm-5pm  
**\$100 (+HST)**

### Teacher Training Workshop

(YCT student teachers)  
**Marlene Mawhinney**  
Saturday, March 24  
6am-9am  
**\$40 (+HST)**

### Asana Workshop

Level 2/3/4  
**Marlene Mawhinney**  
Saturday, March 24  
9am-12:30pm  
**\$59 (+HST)**

## March Continued...

30 Day Sadhana  
**Marlene Mawhinney**  
March 26 - April 24  
6:15am-7:30am  
**\$276 (+HST)**

## APRIL 2012

**Closed April 6, 8**

### Asana Workshop

Level 1/2  
**Andy Orr**  
Saturday April 7  
9am-12pm  
**\$48 (+HST)**

### Week End Intensive

Level 2/3/4  
**Marlene Mawhinney**  
April 13, 14, 15  
Friday 6-9pm  
Sat / Sun, 9am-1pm  
**\$231 (+HST)**

### Correcting Shoulders

All Levels  
**Nadia Horodinsky**  
**Theresa McDiarmid**  
Saturday, April 21  
9am-12:30pm  
**\$59 (+HST)**

### Teacher Training Workshop

(YCT student teachers)  
**Marlene Mawhinney**  
Saturday April 28  
6am-9am  
**\$40ST**

## April Continued...

**Asana Workshop**  
Level 2/3/4  
**Marlene Mawhinney**  
Saturday April 28  
9am-12:30pm  
**\$59(+HST)**

## MAY 2012

### Asana Workshop

Level 1/2  
**Andy Orr**  
Saturday May 5  
9am-12pm  
**\$48(+HST)**

**Closed May 21**

### Teacher Training Workshop

(YCT student teachers)  
**Marlene Mawhinney**  
Saturday May 28  
6am-9am  
**\$40+HST)**

### Asana Workshop

Level 2/3/4  
**Marlene Mawhinney**  
Saturday May 28  
9am-12:30pm  
**\$59(+HST)**

## JUNE 2012

**Teacher Training Workshop**  
(YCT student teachers)  
**Marlene Mawhinney**  
Saturday June 2  
6am-9am  
**\$40ST**

### Asana Workshop

Level 2/3/4  
**Marlene Mawhinney**  
Saturday June 2  
9am-12:30pm  
**\$59+HST)**

### Asana Workshop

Level 1/2  
**Andy Orr**  
Saturday June 9  
9am-12pm  
**\$48(+HST)**

### 5 Day Morning Intensive

Level 2/3/4  
**Marlene Mawhinney**  
June 4,5,6,7,8  
6am-9am  
**\$304+HST)**

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### 2011/2012

Updated September 2011

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