



class descriptions

Beginner Classes

Postures are introduced in a step-by-step manner along with correct breathing techniques. Ideal for first timers.

Anusara

Created by John Friend, this class weaves precise principles of alignment with energetic poses while honouring the connection of mind, body and spirit. All levels.

Power

An energetic flow class heated to 32°C that builds on intensity and stamina to build flexibility, strength and core stability. Beginners will be challenged; all levels.

YHot

Following the YYoga hot sequence of static postures, the room is heated to 40°C for deep stretching and a detoxifying sweat. Ideal for beginners and all levels.

Freestyle Fridays

Flow class led to music with little instruction where students are encouraged to find their unique practice. Int/Adv levels.

Yin

This meditative slow-paced class focuses on passive, long stretches. Ideal for beginners; all levels.

Kids

Fun and imaginative, this class helps children build strength, flexibility, coordination and concentration through basic postures and games. Ages 4-11.

Schedule effective January 4th

	M	T	W	Th	F	Sat	Sun
6:45–7:45	Power	Power	Power	Power	Power		
7:00–8:00	YHot	YHot	YHot	YHot	YHot		
8:15–9:15	YHot	Power	YHot	Power	YHot	8:00–9:00 YHot	8:00–9:00 YHot
9:00–10:30						Anusara	Beginner Anusara
9:30–11:00	Power	YHot	Power Int/Adv	YHot	Power	YHot	Power by donation
10:00–11:30	Anusara	Anusara Int/Adv	Anusara	Anusara Int/Adv	Anusara		
11:00–12:30						Anusara Int/Adv	Anusara
12:00–1:00	YHot	YHot	YHot	YHot	YHot	YHot	YHot
12:15–1:15	Power	Power	Power	Power	Power		
2:00–3:00	YHot	Power	YHot	Power	YHot	Power	YHot
						Kids	Beginner Power
4:00–5:30	YHot	YHot	Power	YHot	Freestyle Friday	YHot	Power
4:30–6:00	Beginner Anusara	Anusara Int/Adv	Anusara	Anusara	Anusara Int/Adv	Anusara	Anusara
5:45–7:15	Power	Power	YHot	Power	YHot	Power Int/Adv (120 min)	YHot
6:30–8:00	Anusara	Anusara	Anusara	Anusara Int/Adv	Anusara	Anusara	Anusara Int/Adv
7:30–8:45	YHot	YHot	Power	YHot	Power		YHot
8:15–9:30	Yin	Yin	Yin	Yin	Yin	Yin	Yin
9:00–10:00	YHot	YHot	YHot	YHot	YHot		

Please note schedule is subject to change. See website for current class schedules and workshop listings.