



## Group Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>12pm Pilates and Body Rolling</b> with Amari</p> <p>April 8 - May 13 * No class April 15 &amp; 22</p>	<p><b>11am Everyday Pilates</b> with Amari</p> <p>April 9 - May 14 * No class April 16</p>	<p><b>12pm Flow Yoga</b> with Ellie</p> <p>April 10 - May 15</p>	<p><b>12pm Pilates and Body Rolling</b> with Irene</p> <p>April 11 - May 16</p>	<p><b>7am Flow Yoga</b> with Kristine</p> <p>April 12 - May 17 *no class April 26</p>
<p><b>5:45pm Restorative Yoga</b> with Kristine</p> <p>April 8 - May 13 * No class April 22 &amp; 29</p>	<p><b>4:45pm Pilates and Body Rolling</b> with Amari</p> <p>April 9 - May 14</p>		<p><b>5:45pm Restorative Yoga</b> with Christy</p> <p>April 11 - May 16</p>	

### Pricing:

\$100 per 4 week session (Wednesday Meditation with Amira & Monday Restorative Yoga with Kristine)

\$125 per 5 week session (Monday Pilates and Body Rolling with Amari and Friday Flow Yoga with Kristine)

\$150 per 6 week session

Please contact us at 604-558-2222 or [chris@sitkaphysio.com](mailto:chris@sitkaphysio.com) to register.

Ask us about how these classes may be able to be covered by your benefits.

## About Our Classes



### Restorative Yoga

This class focuses on gentle movement and restful, supportive yoga poses. Restorative yoga calms your body so that the natural “relaxation response” can be found. This supports the immune system, and allows you to come back into balance and health by simply resting. This is a gentle yoga class for all ages and can accommodate all.



### Meditation & Mindfulness

Meditation is a practice that promotes focus, concentration, and ease in the mind. This class will teach you how to promote more relaxation in your mind, and how to more calmly approach everyday life. Your meditation practice will be supported by your experienced teacher, and props that will make you comfortable through the practice.



### Everyday Pilates

The nature of our culture today causes repetitive strain in our bodies; too much flexion of our head in front of our spine together with over-rotation from hand dominance cause us to load the same areas repeatedly. This multi-level class is an opportunity to undo repetitive postures through myofascial release and simple, specific core stabilization exercises.



### Flow Yoga

A traditional sequence of Hatha Yoga poses including sun salutations, standing and seated balance, Flow Yoga classes improve your flexibility, balance, focus, and energy. Other benefits include reducing tension, gaining inner strength, stamina and improved flexibility.



### Pilates and Body Rolling

Pilates helps develop core control, improve posture and even out muscle imbalances so you don't keep straining the same tissues. Small props such as foam rollers, spikey balls, dowels are used to highlight key spaces in the body and can help provide assistance in creating body awareness and control.