



Group Class Summer Schedule

Monday

12pm *Yoga and Body Rolling*
with Kristine

July 8 - August 12

Tuesday

1:15pm *Yoga and Body Rolling*
with Kristine

July 9 - August 13

Wednesday

7:30am Flow Yoga with Kristine

July 10 - August 14

Thursday

12pm *Pilates and Body Rolling*
with Irene

July 11 - August 15

5:45pm Reatorative Yoga & Meditation with Amira

July 18 - August 22

Pricing:

\$150 per 6 week session

Summer Special \$200 for 2 classes per week for 6 week session

Pease speak with our reception team for more information and to register.

About Our Classes



Restorative Yoga & Meditation

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 allow you to come back into balance and health by simply resting. A guided meditation at the end of class will leave you at ease and peaceful. This is a gentle yoga class for all ages and can accommodate all.



Yoga and Body Rolling

A balance of strength and mobility is an important part of moving well - whether that be in your everyday life or in activities such as running, golfing, and cycling. This class combines the release of body rolling - which uses a combination of balls, dowels, and foam roller - with the strengthening of alignment based hatha yoga. We will open and strengthen your body to help you breathe more deeply and feel energized.



Pilates and Body Rolling

Have you been told to improve your Posture? Do you suffer from Chronic Low Back Pain, Neck Pain, Sciatica, Shoulder Pain, Repetitive Strain, etc ... ? 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.



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.