



January & February 2020 Group Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
12pm <i>Pilates and Body Rolling</i> with Amari January 13 - February 24 (no class Feb 17)	11am <i>Everyday Pilates</i> with Amari January 14 - February 25 4:45pm <i>Pilates and Body Rolling</i> with Amari January 14 - February 25	12pm <i>Yoga + Functional Strength</i> with Ellie January 15 - February 26	12pm <i>Pilates and Body Rolling</i> with Irene January 16 - February 27 5:45pm <i>Restorative Yoga</i> with Kristine January 16 - February 27	1:15pm <i>Yoga and Body Rolling</i> with Kristine January 17 - February 28

Pricing:

\$150 for a 6 week session (Amari's Monday class)

\$175 for a 7 week session

Please contact us at 604-558-2222 or 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.



Yoga + Functional Strength

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



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.



Yoga and Body Rolling

A balance of strength and mobility is an important part of moving well. 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

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.