

# Inner Light Yoga Studio Class Schedule – Winter 2012 (effective Jan 3rd – Apr 5th)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 – 10:00am <i>Gentle Pilates</i> Rose	9:00 – 10:15 am <i>Standard Yoga</i> Deb	9:00 – 10:15 am <i>Standard Yoga</i> Deb	9:00 – 10:15am <i>Yin/Deep Stretch Yoga</i> Deb			
10:30am – 12:00 <i>Gentle Yoga</i> Anne			10:30–11:30am <i>Mom &amp; Baby Yoga</i> Deb	10:30am -12:00 <i>Gentle Yoga</i> Anne	10:00–11:15am <i>Standard Yoga</i> Deb	10:30am - 12:00 <i>Gentle Yoga</i> Carrie
						2:30 – 3:45pm <i>Course in Miracles Study Group</i> Elara Every other Sun**
	4:00 – 5:15pm <i>Develop Your Intuition - Elara</i> (Pre-Register)	4:00 – 5:30pm <i>Gentle Yoga</i> Gail	4:00 – 5:00pm <i>Gentle Pilates</i> Rose			4:00 - 5:15pm <i>Meditation</i> Elara Every other Sun**
5:30 – 6:45pm <i>Standard Yoga</i> Karen	5:30 – 6:45pm <i>Guide to Meditation</i> Elara (Pre-Register)	5:45 – 7:15pm <i>Standard Yoga</i> Gail		6:15 – 7:30pm <i>Beginner Belly Dancing</i> Sandra (Pre-Register)		
7:00 – 8:15pm <i>Beginners Yoga</i> Karen (Pre-Register)	7:00 – 8:15 pm <i>Yin/Deep Stretch Yoga</i> Deb	7:30 – 8:45pm <i>Gentle Yoga</i> Karen	7:00 - 8:15pm <i>Prenatal Yoga</i> Karen	7:45 – 9:00pm <i>Intermediate Belly Dancing</i> Sandra		

## Payment by Cash or Cheque Only

### Class Prices

<i>First Class</i>	\$ 5.00
<i>Drop-in</i>	\$13.00
<i>5 class card</i>	\$60.00
<i>10 class card</i>	\$95.00
<i>20 class card</i>	\$160.00
<i>Seniors Pass (65+)</i>	\$85.00 for 10 classes
<i>Prenatal Pass</i>	\$56.00 for 6 classes
<i>Mom/Baby, Parent/Tot, Preschool, Kids, Teens</i>	\$56.00 for 8 classes
<i>One Month Unlimited</i>	\$75.00 / <i>Three Months Unlimited</i> \$200.00
<i>Beginner's yoga or Belly Dance session – 4 classes</i>	\$40.00
<i>Develop Your Intuition: 6 classes</i>	\$75.00 (2 persons \$120.00)
<i>Guide To Meditation: 6 classes</i>	\$75.00 (2 persons \$120.00)

**Arrive up to 15 minutes before class.  
Allow time to fill in the registration if  
you are new to the studio.  
Avoid eating a meal within 2 hours  
prior to the class time.**

## Inner Light Yoga Studio

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250-550-5502

innerlightyogastudio@gmail.com  
www.innerlightyoga.info

**\*\* Sunday A Course In Miracles Study Group and Meditation Dates:**  
January 8<sup>th</sup> & 22<sup>nd</sup>; February 5<sup>th</sup> & 19<sup>th</sup>; March 4<sup>th</sup> & 18<sup>th</sup>  
Drop-in fee: \$5:00 each group

## Class Descriptions

- Gentle Hatha Yoga:** Easeful practice focusing on breath-work, lengthening, basic postures & relaxation. All levels welcome.
- Deep Stretch/Yin Yoga:** A slow, deep practice that increases flexibility by stretching & stimulating the connective tissue. An ideal complement to more active styles of yoga, it is also great for athletes. Mostly floor work. All levels welcome.
- Mom & Baby Yoga:** A gentle yoga class for moms and babies from birth to one year.
- Preschool/Kids Yoga:** Empowers kids through a playful integrative approach focusing on confidence, concentration, flexibility & fun!
- Standard Hatha Yoga:** A moderately paced flowing practice, including a variety of postures & breath-work. All levels welcome.
- Gentle Pilates:** For those who want to ease into the practice; appropriate for everyone.
- Prenatal Yoga:** Simple exercises combined with breathing techniques for strength, flexibility, balance & relaxation during pregnancy.
- Beginners Yoga:** Breath-work and basic postures are introduced. **Pre-registration required for first-time attendees.**
- Belly Dancing Beginners:** A fun four week class designed for those with no previous experience. **Pre-registration required.**
- Belly Dancing Intermediate:** For those with some experience. Focus on choreography and technique. Still fun ☺
- Develop Your Intuition:** Learn practical tools for connecting with your Inner Guidance. 6-week session. **Pre-reg. required.**
- Guide to Meditation:** Learn techniques for stilling the mind & achieving inner peace. 6-week session. **Pre-reg. required.**
- Sunday Meditation:** Guided Meditations with Elara. Some experience recommended. Drop-in. Every other Sunday\*\*.
- A Course In Miracles Study Group:** Open discussions about the principles of the Course. Drop-in. Every other Sunday\*\*.