

Akara Numerology Readings & Yoga Consultations—with Devinder Kaur (Alison). Please inquire at Reception or call 613-761-9642.

Anahata Yoga—awakens the heart through yoga postures, breathing exercises, and meditation. The class concludes with a deep relaxation (savasana) incorporating a body alignment adjustment. **Dynamic Anahata** is a faster paced version of the Anahata Yoga class, including sun salutations and standing postures.

Children's Yoga—is a fun class designed for children to experience the many benefits of Yoga through creative play, physical activity, games, songs, dance and art. Children will be introduced to Yoga postures and simple breathing techniques specifically for this age group (3 to 8 years).

Hatha Yoga—is the path of physical Yoga or the yoga of postures and is the most popular branch of Yoga in Western culture. Hatha yoga considers the body the vehicle of the Soul. It uses asana (physical postures), pranayam (breathing techniques) and meditation to bring the body, mind and soul into balance. This class is suitable for all levels.

Hatha Flow—links the classic postures practiced in a regular Hatha Yoga class into a sequence of movements that "flow" with the breath. Hatha Flow is recommended for students who have practiced Hatha and are interested in exploring a more movement-oriented class.

Hot 26 Yoga—is our version of **Bikram Yoga**. This is a specifically designed fixed sequence of 26 Yoga postures (asanas) practiced in the Body Room which is heated between 103F and 105F. Each posture is repeated twice for a deeper experience. This class is suitable for all levels.

Hot Yoga—consists of a combination of Yoga postures (asanas) that help to build strength, flexibility and physical endurance. The room is heated between 103F and 105F. This class is appropriate for beginners and experienced students.

Hot Flow Yoga—is a combination of pranayam (breathing) and postures in a room heated at 105 degrees. It strengthens the physical body and nervous system while also helping to achieve flexibility, rehabilitate injuries, increase concentration and peace of mind. This class is appropriate for students that have previous yoga experience.

Introduction to Meditation—will teach you basic meditation, visualization and relaxation techniques. This is a pre-registered class. Drop in fee is \$20.00.

Gentle Yoga—is a nurturing yoga class that is designed to release tension after a long day and will prepare you for a restful evening and a good night's sleep. Emphasis is on proper breathing, gentle movement and intermittent relaxation to allow absorption of the benefits of the pose. A class for all ages and levels.

Gong Meditation—is an ancient tool for healing and meditation. The sound and vibration of the Gong carry you into a deep state of relaxation and peace. No Yoga or meditation experience needed.

Kripalu Yoga— is an inquiry based yoga that promotes the awakening the life force (prana). Using classical asanas, pranayam, meditation and relaxation techniques, Kripalu Yoga increases awareness of body, breath and mind and encourages natural alignment. This class is suitable for all levels.

Kundalini Yoga—is the Yoga of Awareness. Kundalini Yoga consists of simple yogic techniques that can be enjoyed by everyone, no matter age or physical ability. It is a complete science that includes breath (pranayam), Yoga postures (asanas), sound, chanting and meditation.

Meditation—is a multi-faceted approach to spirituality and personal development offered in a group setting. Learn various meditation and breathing exercises as well as tools to deepen your meditation and develop regularity in your practice. This is a pre-registered class. Drop in fee is \$20.00.

Parent & Baby Yoga— is a fun way for new parents to reconnect with their bodies after the major physiological changes that come with child birth, to meet other parents who are at the same stage in their life, and to make stronger bonds with their new babies. Classes have a very open, relaxed vibe to allow for late arrivals. Parents and babies up to one year old welcome!

Pilates—has its foundation in core strength. The core muscles are the deep, internal muscles of the abdomen and back. When the core muscles are strong and doing their job, as they are trained to do in Pilates, they work in tandem with the more superficial muscles of the trunk to support the spine and movement.

Power Yoga—is a dynamic and athletic style of Hatha Yoga. Practiced in a heated room between 105F and 108F, this powerful and challenging class will have you working to your edge. Build strength, stability, stamina and increase flexibility. Discover muscles you didn't know you had! Recommended for intermediate to advanced students.

Prenatal Yoga—offers gentle Yoga exercises tailored for strengthening and relaxing your changing body. Yoga helps to create flexibility, focus, strength and awareness. This class is for Moms to-be in any stage of their pregnancy and provides a safe and supportive environment for expectant Moms. Prenatal Yoga is appropriate for new and experienced yoga students. This class is available in **Hatha** and **Kundalini** styles of Yoga.

Private Classes—are available by appointment. Please inquire at Reception or call 613-761-9642. Ask for classes with your favourite teacher.

Restorative Yoga—is "active relaxation". The postures are specifically designed for when you feel fatigued, weak or stressed out from daily life. Restorative Yoga is also useful to practice when you are sick, injured or postnatal. The props used are designed to provide support and be conducive to total relaxation.

SomaYog—brings your spine to life and helps everyone discover greater freedom of movement. This gentle class will benefit anyone with back, shoulder, hip and neck issues as well as those who carry/hold a lot of tension in their body.

Autumn Energy Challenge—start your day with energy enhancing pranayam (breath) and asana (postures). Each class will focus on how to create energy in your body that lasts all day. The heat will help detoxify the body and clear the mind for a productive day ahead! Come prepared to stretch and strengthen at all levels.

Vinyasa Dance— 45 minutes of Vinyasa flow yoga postures (mildly heated) to open the body and mind followed by 45 minutes of Zumba and free form dance. This is a dynamic class meant to get you move'n and shake'n! Celebrate through movement!

Yin Yoga—is a relaxed practice of postures held 3-5 minutes at a time. It is designed to gently stretch and rehabilitate the connective tissues that form our joints. This practice helps open the hips and lower back and complements the more muscular styles of Yoga (Yang). Yin yoga is a great aid for learning to sit in meditation. **Yin & Yang** is a blend of active, energetic Hatha-based Yoga (Yang) with quiet and contemplative Yin Yoga.

Yoga Basics—provides beginner students with a solid introduction to Yoga. The Yoga postures presented are available to all students and modifications may be suggested. Students are encouraged to breathe deeply and evenly throughout the class.



PranaShanti
Yoga Centre

Class Schedule

(September-December 2010)



PranaShanti Yoga Centre offers one of the largest varieties of Yoga styles, classes and specialty workshops in Ottawa.

PranaShanti Yoga Centre features a fresh, clean, eco-friendly environment with 3 large Yoga studio rooms, spa-like change rooms with ample showers, yogi tea/juice bar, boutique, over 100 **FREE** parking spaces, bike racks and easy bus access.

PranaShanti Yoga Centre provides internationally recognized Yoga Teacher Training programs in Hatha Yoga and Kundalini Yoga. We are an approved 200-hour Registered Yoga School (RYS) through Yoga Alliance.

Join Us to
Uplift Your Spirit...

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PranaShanti Yoga Centre ~ 70+ Yoga Classes ~ Class Schedule ~ Sept-Dec 2010

Monday			Thursday		
6:30-7:30 AM	Autumn Energy Challenge	Elizabeth Whissell	10:00-11:30 AM	Kripalu Yoga	Elizabeth Eaton
9:30-11:00 AM	Dynamic Anahata Yoga	Joshua Savoie	12:00-1:00 PM	Hot Flow Yoga	Amanda LeClaire
10:00-11:30 AM	Gentle Hatha Flow	Barbara Mackie	12:00-1:00 PM	Anahata Yoga	Joshua Savoie
12:00-1:00 PM	Hot Yoga	Lia Pirili	4:30-5:30 PM	Prenatal Yoga	Anne Domitrovits
12:00-1:00 PM	Anahata Yoga	Joshua Savoie	5:45-7:15 PM	Kundalini & Gong Med.	Devinder Kaur (Alison)
4:00-5:30 PM	Yoga Basics	Elizabeth Eaton	5:45-7:15 PM	Hot 26 Yoga	Wendy Chu-Tran
4:30-5:30 PM	Introduction to Meditation	Lynne Cardinal	5:45-7:15 PM	SomaYog	Richard Hudspith
5:45-7:15 PM	Yin Yoga	Elissar Hanna	7:30-9:00 PM	Power Yoga	Anil Sooklal
5:45-7:15 PM	Hot 26 Yoga	Wendy Chu-Tran	7:30-9:00 PM	Yoga Basics	Sarah Murphy
5:45-7:15 PM	Hatha Yoga	Jennifer Stackhouse	7:30-9:00 PM	Hatha Yoga	Kim Ann Charest
7:30-9:00 PM	Restorative Yoga	Joanne P.-Ekstrom			
7:30-9:00 PM	Kripalu Yoga	Guy Tardif	Friday		
7:30-9:00 PM	Power Yoga	Matthew Mackenzie	9:30-11:00 AM	Hot Yoga	Jennifer Stackhouse
Tuesday			9:30-11:00 AM	Yoga Basics	Ann-Marie Vezina
6:30-7:45 AM	Kundalini Yoga	Sat Daya Kaur	12:00-1:00 PM	Pilates	David Wegenast
9:30-11:00 AM	Hot Yoga	Ruth Norfolk	12:00-1:00 PM	Kundalini Yoga	Sadhana Kaur
9:30-11:00 AM	Hatha Yoga	Barbara Mackie	4:00-5:30 PM	Yin Yoga	Matthew Mackenzie
10:00-11:30 AM	Parent & Baby Yoga	Melissa Delaney	5:45-7:15 PM	Hot Flow Yoga	Stephanie Turple
12:00-1:00 PM	Power Yoga	Michel Giroux	5:45-7:15 PM	Gentle Yoga	Lia Pirili
12:00-1:00 PM	Hatha Yoga	Amanda LeClaire	7:30-9:00 PM	Vinyasa Dance	Maria Figueroa
4:00-5:30 PM	Yin Yoga	Elissar Hanna	Saturday		
4:30-5:30 PM	Pre-Natal Kundalini Yoga	Jodh Kaur (Kelly)	9:00-10:30 AM	Hot 26 Yoga	David Wegenast
5:45-7:15 PM	Hatha Flow Yoga	Jennifer Stackhouse	9:00-10:30 AM	Kundalini Yoga	Jennifer Stackhouse
5:45-7:15 PM	Kundalini Yoga	Devinder Kaur (Alison)	9:30-10:30 AM	Children's Yoga	Jamie Reardon
5:45-7:15 PM	Hot 26 Yoga	Michel Giroux	11:00-12:30 PM	Kripalu Yoga	Monica Clara
7:30-9:00 PM	Yoga Basics	Ruth Norfolk	11:00-12:30 PM	Power Yoga	Elissar Hanna
7:30-9:00 PM	Hot Yoga	Joshua Savoie	1:00-2:30 PM	Yoga Basics	Nicole Schramm
7:30-9:00 PM	Meditation	Lynne Cardinal	4:00-5:30 PM	Anahata Yoga	Joshua Savoie
Wednesday			4:00-5:30 PM	Hot Yoga	Sarah Murphy
6:30-7:30 AM	Autumn Energy Challenge	Elizabeth Whissell	Sunday		
9:30-11:00 AM	Hot Yoga Basics	Matthew Mackenzie	9:30-11:00 AM	Hatha Yoga	Rena Lafleur
9:30-11:00 AM	Hatha Yoga	Ruth Norfolk	9:30-11:00 AM	Hot Flow Yoga	Ann-Marie Vezina
9:45-11:15 AM	Kundalini Yoga	Lucille S-Legault	9:30-11:00 AM	Kundalini Yoga	Devinder Kaur (Alison)
12:00-1:00 PM	Pilates	David Wegenast	11:30-1:00 PM	Hot 26 Yoga	Michel Giroux
12:00-1:00 PM	Restorative Yoga	Ruth Norfolk	11:30-1:00 PM	Yoga Basics	Rena Lafleur
4:00-5:30 PM	Yin Yoga (warm)	Maria Figueroa	2:00-3:30 PM	Hot Yoga	David Wegenast
5:45-7:15 PM	Hatha Yoga	Nicole Schramm	2:00-3:30 PM	Yin Yoga	Maria Figueroa
5:45-7:15 PM	Hot Yoga	Matthew Mackenzie	4:00-5:00 PM	Community Yoga	See Online Schedule
5:45-7:15 PM	Gentle Yoga	Lia Pirili	4:00-5:30 PM	Hot Flow Yoga	Anil Sooklal
7:30-9:00 PM	Kundalini Yoga	Victoria Lynes			
7:30-9:00 PM	Hot 26 Yoga	Michel Giroux			
7:30-9:00 PM	Yin & Yang Yoga	Joanne P.-Ekstrom			

Class Fees, Packages & Services

- ◆ First Class: \$8.00
- ◆ First Class Package: \$13 (Mat, Towel & Water)
- ◆ Yoga Mat Rental \$2, Towel Rental \$2
- ◆ Monthly Towel Service \$16.95
- ◆ Monthly Locker Rental \$16.95

- ◆ Drop-In Class: \$15
- ◆ 5 Class Series: \$70
- ◆ 10 Class Series: \$135
- ◆ 20 Class Series: \$240
- ◆ 50 Class Series: \$565

- ◆ Family Package: \$195 (15 classes shared between up to 4 family members)
- ◆ 1 Month Unlimited: \$165
- ◆ 3 Month Unlimited: \$420
- ◆ Annual Unlimited: \$1,575

All prices include HST

Military, Student & Senior Discounts Available