

Children's Yoga—is a fun class series 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). Pre-registered series and/or Drop-In format.

Core Yoga—is a vigorous class that physically and mentally challenges you to connect to your inner core strength. Core Yoga heals, detoxifies and stimulates the body and mind through balance and intention. The Yoga postures are done at a swift pace. Some poses are held even longer than the five breaths. This practice can increase physical stamina and the ability to concentrate on any task for a long time without losing focus. Bring a bottle of water and towel. This Class is practiced in the Body Room.

Gentle Hatha Yoga 50+—understand the art of living from a practice based on a timeless Indian philosophy. Perfected over thousands of years, hatha yoga will revitalize your body and harmonize your mind, body, and spirit. Yoga exercises include gentle stretching, breathing techniques, and balancing postures. Regular practice of Hatha yoga leads to optimal physical fitness, improved concentration, reduced stress, and, best of all, peace of mind. This class is suitable for all ages but is designed for students age 50 and over.

Hatha Yoga, Hatha Flow—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. **Hatha Flow** links the classic postures practiced in a regular Hatha Yoga class into a sequence of movements that "flow" with the breath. These classes are suitable for all levels. Hatha Flow is recommended for students who have practiced Hatha Yoga.

Hot 26 Yoga™—is PranaShanti's™ sequence of 26 Hatha Yoga postures (asanas) practiced in the Body Room which is heated between 103-105F. Each posture is repeated for a deeper experience. This class is suitable for all levels.

Hot Yoga, Hot Flow Yoga, Hot Detox Flow—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, detoxification, increase concentration and peace of mind. This class is appropriate for students that have previous yoga experience.

Iron Yoga—is Yoga with light weights combined that will strengthen the core, develop lean muscle mass, improve range of motion and increase breath control. Practical benefits also include: improved bone strength to help slow/prevent the progression of osteoporosis, increased metabolism and reduced stress levels.

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 & Meditation—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.

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.

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. 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.

Therapeutic Yoga—is series of poses designed to go deeper into connective tissue, joints, organs, followed by relaxing restorative poses, using props to support and ground the body, allowing for a deeper opening, re-nourishing and healing of the body-mind. Other therapeutic tools (including gong, music, and foam rollers/therapy balls) may be used to help reduce stress and tension and achieve a sense of wellness.

Restorative Yoga—is "active relaxation". Restorative yoga is a passive, gentle style of yoga using props to support the body for longer holds. Restorative poses are usually supine or seated postures using blankets, bolsters and blocks. It is a very relaxing form of yoga that is a beautiful compliment to the more active practices.

Sadhana—means daily spiritual practice. Come together in a group setting for 1 hour of yoga and 1 hour of meditation in the Kundalini tradition and start your day the yogi way! By donation.

Somatic Yoga—softens the back, relaxes the neck, opens the hips and soothes the entire nervous system. It improves posture, increases flexibility and heightens sensory awareness in the body.

Tai-Chi—as it is practiced in the west today, is a moving form of yoga and meditation combined. The objective of Tai-Chi is to purify one's vital energy (chi) and at the same time to open one self to a spiritual dimension. This is a pre-registered class. Drop-In fee is \$20.00.

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. 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).

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.

Yoga Nidra—is a body-centered form of meditation and relaxation that can be practiced to deeply relax and release stress; to promote healing of the body-mind and to rediscover a greater sense of wholeness and balance. This method of guided relaxation is usually practiced in a comfortable lying down position to come into a deep state of relaxation and bliss.

Upcoming Yoga Trainings

- ◆ Restorative Yoga Teacher Training—May 2012
- ◆ Hatha Yoga Teacher Training—July 2012
- ◆ Level 1 Kundalini Yoga Teacher Training—October 2012
- ◆ Master Class Weekend with Ana Forrest—October 12-14, 2012



Class Schedule and prices are subject to change without notice.
Please visit the website & online schedule for more details.



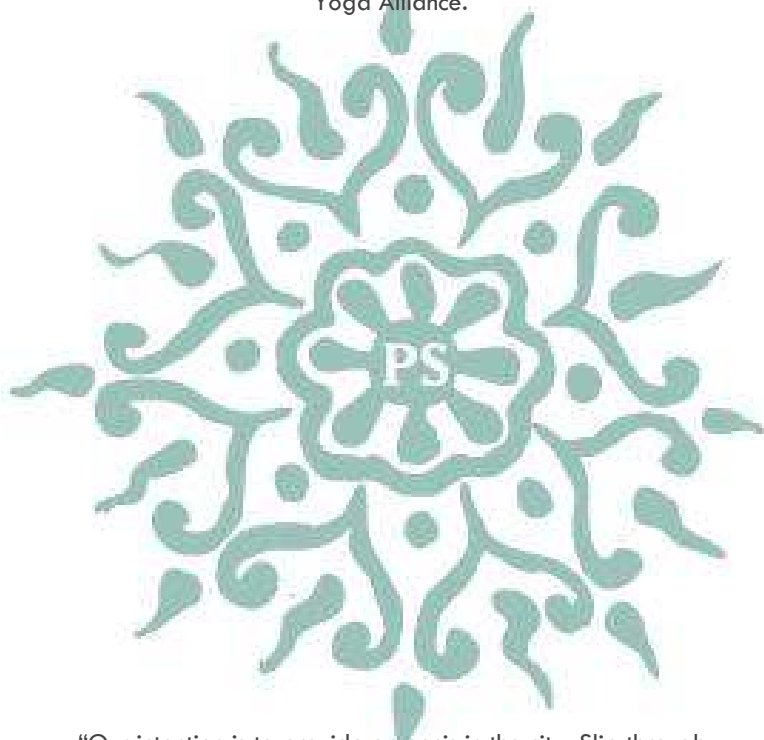
PranaShanti
Yoga Centre

Class Schedule February 2012

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 4 large Yoga studio rooms, spa-like change rooms with ample showers, Infrared Sauna, 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.



"Our intention is to provide an oasis in the city. Slip through our doors and feel an ease in the air. A home that heals your body, calms the mind and strengthens the spirit."

PranaShanti™ Yoga Centre
52 Armstrong St. (near the Parkdale Market)
613.761.9642 (YOGA)
www.pranashanti.com

© Copyright, October 2008, PranaShanti Inc.
Trademark owned by PranaShanti Inc.

PranaShanti Yoga Centre ~ 80+ Yoga Classes a Week ~ Class Schedule ~ February 2012

Monday	Class	Room	Teacher	Thursday cont.	Class	Room	Teacher
9:30-11:00 AM	Yin Yoga	Soul	Jan Vincent	12:00-1:00 PM	Hot Flow Yoga	Body	Ruby Clifford
12:00-1:00 PM	Hot Yoga	Body	Melissa Delaney	12:00-1:00 PM	Therapeutic Yoga	Soul	Kristine Karpinski
12:00-1:00 PM	Kundalini Yoga & Meditation	Soul	Atmabir Kaur (Victoria)	4:15-5:30 PM	Hot Detox Flow Yoga	Body	Edith Parinas
4:00-5:30 PM	Hatha Yoga & Meditation	Soul	Tanya Riley	4:30-5:30 PM	Prenatal Yoga (Hatha)	Soul	Naomi Poole
4:00-5:30 PM	Hot Detox Flow Yoga	Body	April Hope	5:45-7:15 PM	Kundalini & Gong Meditation	Soul	Devinder Kaur
5:45-7:15 PM	Yin Yoga by Candlelight	Mind	Elissar Hanna	5:45-7:15 PM	Hot 26 Yoga™	Body	Edith Parinas
5:45-7:15 PM	Hot 26 Yoga™	Body	Stephanie Turple	5:45-7:15 PM	Somatic Yoga	Spirit	Richard Hudspith
5:45-7:15 PM	Hatha Yoga	Soul	April Hope	7:30-9:00 PM	Warm Candlelit Yoga	Body	April Hope
7:30-9:00 PM	Restorative Yoga	Mind	Ruth Norfolk	7:30-9:00 PM	Yoga Nidra	Soul	Kristine Karpinski
7:30-9:00 PM	Kripalu Yoga	Soul	Guy Tardif	7:30-9:00 PM	Hatha Yoga	Spirit	Guy Tardif
7:30-9:00 PM	Hot Candlelit Flow Yoga	Body	Elizabeth Eaton				
Tuesday				Friday			
6:30-7:30 AM	Hot Yoga	Body	Andrew Dzuba	5:00-7:00 AM	Sadhana	Soul	KRI Teachers
6:30-7:45 AM	Kundalini Yoga & Meditation	Soul	Lucille S-Legault	9:30-11:00 AM	Hot Yoga	Body	April Hope
9:30-11:00 AM	Hot Yoga	Body	Ruby Clifford	9:30-11:00 AM	Yoga Basics	Soul	Ann-Marie Vezina
10:00-11:30 AM	Gentle Hatha Yoga 50+	Soul	Jan Vincent	12:00-1:00 PM	Pilates	Mind	Elizabeth Freidman
11:00-12:00 PM	Parent & Baby Yoga	Mind	Naomi Poole	12:00-1:00 PM	Heal & Restore Kundalini Yoga	Soul	Atmabir Kaur (Victoria)
12:00-1:00 PM	Therapeutic Yoga	Soul	Kristine Karpinski	4:30-6:00 PM	Iron Yoga	Mind	Monika Jakobik
4:15-5:30 PM	Hot Detox Flow Yoga	Body	Edith Parinas	5:45-7:15 PM	Hot Flow Yoga	Body	Stephanie Turple
5:45-7:15 PM	Hatha Flow Yoga	Spirit	Jennifer Stackhouse	5:45-7:15 PM	Yin Yoga	Soul	Elizabeth Eaton
5:45-7:15 PM	Kundalini Yoga & Meditation	Soul	Devinder Kaur	7:30-9:00 PM	Vinyasa Dance	Body	Maria Figueroa
5:45-7:15 PM	Hot 26 Yoga™	Body	Edith Parinas				
7:30-9:00 PM	Hatha Yoga	Soul	Ruth Norfolk	Saturday			
7:30-9:00 PM	Power Yoga	Body	Andrew Dzuba	9:00-10:30 AM	Hot 26 Yoga™	Body	David Wegenast
7:30-9:00 PM	Meditation (pre-reg. begins Jan.10)	Mind	Lynne Cardinal	9:00-10:30 AM	Kundalini Yoga & Meditation	Mind	Atmabir Kaur (Victoria)
Wednesday				9:30-10:30 AM	Children's Yoga (begins Jan 14)	Soul	Jamie Reardon
9:45-11:15 AM	Kundalini Yoga & Meditation	Soul	Lucille S-Legault	11:00-12:30 PM	Hatha Yoga	Soul	Melissa Delaney
10:30-12:00 PM	Yoga Basics	Mind	Lana Kachurovska	11:00-12:30 PM	Hot Detox Flow Yoga	Body	Elissar Hanna
12:00-1:00 PM	Pilates	Soul	Elizabeth Friedman	1:00-2:30 PM	Yoga Basics	Mind	Joanne P-Ekstrom
12:15-1:15 PM	Restorative Yoga	Mind	Lana Kachurovska	4:00-5:30 PM	Hatha Flow Yoga	Soul	Gitanjali A-Hutcheon
4:00-5:30 PM	Yin Yoga (warm)	Body	Maria Figueroa	4:00-5:30 PM	Core Yoga	Body	Stephanie Simoes
4:30-5:30 PM	Kundalini Meditation	Mind	Atmabir Kaur (Victoria)				
5:45-7:15 PM	Hatha Yoga	Soul	Nicole Schramm	Sunday			
5:45-7:15 PM	Warm Detox Flow Yoga	Body	April Hope	9:30-11:00 AM	Hatha Yoga	Mind	Sarah Murphy
5:45-7:15 PM	Iron Yoga	Mind	Monika Jakobik	9:30-11:00 AM	Power Yoga	Body	Andrew Dzuba
7:00-8:30 PM	Tai-Chi (pre-reg. begins Jan. 18)	Spirit	Pierre Lefebvre	9:30-11:00 AM	Kundalini Yoga & Meditation	Soul	Devinder Kaur
7:30-9:00 PM	Hatha Flow Yoga	Soul	Melissa Delaney	11:30-1:00 PM	Hot 26 Yoga™	Body	Monika Jakobik
7:30-9:00 PM	Yin Yoga by Candlelight	Mind	Gitanjali A-Hutcheon	11:30-1:00 PM	Yoga Basics	Soul	Sarah Murphy
7:30-9:00 PM	Hot 26 Yoga™	Body	Monika Jakobik	2:00-3:30 PM	Yin Yoga (warm)	Body	Maria Figueroa
Thursday				2:00-3:30 PM	Tai-Chi (pre-reg. begins Jan. 15)	Soul	Pierre Lefebvre
6:30-7:30 AM	Hatha Yoga	Soul	Elissar Hanna	4:00-5:00 PM	Community Yoga	Mind	PranaShanti Faculty
6:30-7:30 AM	Hot Yoga	Body	Andrew Dzuba	4:00-5:30 PM	Hot Candlelit Flow Yoga	Body	Anne-Marie Vezina
9:30-1:00 PM	Childminding Service	Mind	Elissar Hanna	5:30-7:00 PM	Hatha Yoga & Meditation	Soul	Tanya Riley
9:30-11:00 AM	Hatha Yoga	Soul	Jan Vincent	6:00-7:30 PM	Hot Yoga	Body	Melissa Delaney
10:00-11:30 AM	Core Yoga	Body	Stephanie Simoes				

Class Fees, Packages & Services

- ◆ First Class: \$8.00, 1st Class Pkg \$13 (Mat, Towel & Water)
- ◆ Yoga Mat Rental \$2, Towel Rental \$2
- ◆ Monthly Towel Service \$16.95, Monthly Locker Rental \$16.95
- ◆ Childminding Service \$7 per child

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

10% Military, Student & Senior Discount

- ◆ Family Package: \$195 (up to 4 family members)
 - ◆ 1 Month Unlimited: \$165
 - ◆ 3 Month Unlimited: \$420
 - ◆ Annual Unlimited: \$1,575
- all prices include HST
buy online at PranaShanti.com