

2017 SPRING SCHEDULE

REGULAR CLASSES • April 3 - June 30

MON	9:30 am	Level 3	Drew
	11:30 am	Back to Basics	Regan
	1:30 pm	Restorative	Regan
	3:15 pm - 5:15 pm	Personal Practice Time	FREE to current students
	5:30 pm	Beginner-2	Drew
TUES	9 am	Beginner-2	Drew
	5:30 pm	Level 3	Drew Andrea <i>April May & June</i>
WED	9:30 am	Level 2	Drew
	11:30 am -12:45 pm	Seniors	Drew
	5:30 pm	Level 2	Andrea
	7:15 pm	Beginner	Andrea
THURS	1:30 pm	Cancer Class <i>*no drop-ins*</i>	Regan
	5:30 pm	Beginner	Regan
	7:15 pm	Restorative	Regan
FRI	9:30 am	Level 2-3	Regan
	11:30 am -12:45 pm	Seniors	Regan
SAT	9 am	Level 2-3	Andrea
	11 am	Beginner-2	Regan

All classes are **1.5 hours** unless otherwise noted.

SCHEDULE SUBJECT TO CHANGE

Details on classes, workshops and more on our website:

WWW.YOGANORTHWINNIPEG.CA

**FIRST CLASS FREE FOR NEW STUDENTS*
START ANYTIME**

**Manitoba Residents Only*

**YOGA NORTH IS CLOSED
APRIL 14, MAY 22, JULY 1-3, 2017**

ALL 1.5 HOUR CLASSES

10 classes.....	\$145
20 classes.....	\$280
Flex Option (3 to 9 classes).....	\$15. ⁰⁰ /class
Drop-In.....	\$20/class
Youth Rate (17 & under).....	\$12/class

SENIORS 1.25 HOUR CLASS (60 YEARS PLUS)

10 classes.....	\$110
Drop-in.....	\$12

ALL CLASS CARDS EXPIRE JUNE 30, 2017

NO CLASS TRANSFERS INTO THE NEXT SESSION

UNLIMITED MEMBERSHIPS

4 WEEK UNLIMITED..... \$140

SESSION UNLIMITED

April 3 to June 30, 2016 \$351

STUDENTS

10% discount on classes and workshops.
Not applicable to unlimited memberships or youth rate.

WORKSHOPS Pre-registration required

POSTURE PERFECT with Regan Tataryn

Learn poses to improve your posture and notice the positive effects on your wellbeing.

Date: Sunday, April 23, 2017

Time: 2 pm to 5 pm

Fee: \$60

Suitable for all levels.

HEALTHY LOW BACK with Regan Tataryn

Strengthen, lengthen and rest the most commonly injured area of the back.

Date: Friday June 2, 2017

Time: 6 pm to 9 pm

Fee: \$60

Suitable for all levels.

**NO REFUNDS FOR CLASSES AND WORKSHOPS.
ALL FEES SUBJECT TO GST.**



894 Westminster Ave.
Winnipeg, Manitoba
R3G 1B5

Phone: (204) 779-6895

Web: www.yoganorthwinnipeg.ca

Email: info@yoganorthwinnipeg.ca

IYENGAR YOGA

Yoga North teaches **Iyengar yoga**, in which yoga poses or asanas are learned in a systematic, progressive way to build the awareness and strength to undertake advanced asanas without risk of injury. BKS Iyengar (Dec. 14, 1918 to Aug. 20, 2014) was a yoga master from Pune, India and the founder of this method of teaching yoga asanas and pranayama (yoga breath practices). His son Prashant and daughter Geeta continue the tradition.

Please wear shorts or tights that show and/or hug the knee. You may either bring your own mat, or use a studio mat. For your comfort, refrain from eating for two hours prior to class. Inform your teacher of pregnancy, injuries or medical problems. If in doubt about taking yoga, please consult with your doctor.



THE STUDIO is owned and operated as a partnership by Andrea Erb, Regan Tataryn, Janine Gobeil, and Drew Perry. Val Paape continues as a senior teacher and Lisa Towson as a visiting teacher.



Iyengar-Certified Teachers.

YOGA NORTH

Iyengar Tradition



SPRING 2017

April 3 to June 30

START ANYTIME!

www.yoganorthwinnipeg.ca