



YOGA NORTH

WORKSHOPS & EVENTS

Pre-registration required

2017 FALL SCHEDULE

REGULAR CLASSES • SEPT 5 TO DEC 16

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	9:30 am	Beginner-2	Paul
	5:30 pm	Level 3	Andrea
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 3	Regan
	11 am	Beginner	Regan
	1 pm	Level 2	Hana

All classes are 1.5 hours unless otherwise noted.

SCHEDULE SUBJECT TO CHANGE

WWW.YOGANORTHWINNIPEG.CA

FIRST CLASS FREE FOR NEW STUDENTS* START ANYTIME

**Manitoba Residents Only*

YOGA NORTH IS CLOSED
OCT 9, NOV 11, NOV 25,
DEC 17, 2017 to JAN 1, 2018

YOGA NORTH 15TH ANNIVERSARY

Yoga North is celebrating 15 years! We would like to take this opportunity to thank all the students and teachers, past and present, who have supported us over the years. We could have never made it this far without you!

Join us for a one hour practice followed by a reception to celebrate this milestone together.

Date: Sunday, October 1, 2017
Practice Time*: 1 pm to 2 pm **Please pre-register*
Reception: 2 pm to 4 pm

INSIGHTS FROM INDIA with Andrea & Regan

Andrea and Regan will be sharing some of their learnings, interspersed with some stories, from their one month study at the Ramamani Iyengar Memorial Yoga Institute (RIMYI) in Pune, India.

Suitable for level 2 and up.

Date: Friday November 3, 2017
Time: 6 pm to 9 pm
Fee: \$60

LOUIE ETTLING WEEKEND WORKSHOP

Do not miss this opportunity to study with senior Iyengar teacher, Louie Etting from Vancouver, BC. Louie's teaching challenges the student in a supportive manner and encourages intelligent exploration of asana.

Suitable for level 2 and up.

Dates: November 24, 25, 26, 2017
Times: Friday 6 pm to 9 pm
Saturday 9 am to 1 pm
Sunday 9 am to 1 pm
Fee: \$250

YOGA NORTH TEACHER TRAINING/ ADVANCED STUDIES with Val Paape

September 15 & 17
October 13 & 15
November 10 & 12
December 8 & 10

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

FEES

ALL 1.5 HOUR CLASSES

10 classes.....	\$160
Flex Option (3 to 9 classes).....	\$17/class
Drop-In.....	\$20/class
Youth Rate (17 & under).....	\$12/class

SENIORS 1.25 HOUR CLASS (60 YEARS PLUS)

10 classes.....	\$125
Drop-in.....	\$13.50

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

**ALL CLASS CARDS EXPIRE DECEMBER 16, 2017
NO CLASS TRANSFERS INTO THE NEXT SESSION**

UNLIMITED MEMBERSHIPS

AUM..... \$1250

- Unlimited access to all regular classes for the year from Sept. 2017 to Aug. 2018
- 10% off in-house workshops
- Available in September only

4 WEEK UNLIMITED..... \$150

SESSION UNLIMITED

Sept. 5 to Dec. 16, 2017 \$525

IYENGAR YOGA

Yoga North teaches **Iyengar yoga** in which yoga poses are learned in a systematic, progressive way to build mobility, stability, strength and alignment.

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.



Iyengar-Certified Teachers.

CONTACT

894 Westminster Ave.
Winnipeg, Manitoba R3G 1B5

Phone: (204) 779-6895

Web: www.yoganorthwinnipeg.ca

Email: info@yoganorthwinnipeg.ca



YOGA NORTH

Iyengar Tradition



FALL 2017

September 5 to December 16

START ANYTIME!

CELEBRATING 15 YEARS!

2002 - 2017