



YOGA NORTH

WORKSHOPS & EVENTS

Pre-registration required

2018 WINTER SCHEDULE REGULAR CLASSES • JAN 2 TO MAR 31

| | | | |
|-------|--------------------|-------------------------------|--------------------------|
| 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/Level 2 | Hana |
| | 7:15 pm | Men's | Drew |
| TUES | 9:30 am | Beginner/Level 2 | Paul |
| | 5:30 pm | Level 3 | Regan |
| 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 *no drop-ins* | Regan |
| | 5:30 pm | Rope Wall & Chair 101 | 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 | Andrea |
| | 11 am | Level 2 | Cheryl |
| | 1pm | Beginner | Drew |

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
DEC 17, 2017 to JAN 1, 2018,
FEB 19, FEB 24, MAR 30

GOING INWARDS

workshop with Regan Tataryn

A restorative practice looking at poses that calm the mind, support deep relaxation of the body and soothe the nerves. **All levels welcome.**

Date: Sunday, January 28, 2018

Time: 2 pm to 5 pm

Fee: \$65 or \$60 with food bank donation

LISA TOWSON WEEKEND WORKSHOP

The teachings of Lisa Towson are inspiring, intuitive and will awaken a deeper reflection on the meaning of your yoga practice. Owner of Tamarck Yoga in Dauphin, MB, Lisa has been teaching for 14 years and holds her Intermediate Junior III level of certification. A workshop not to be missed! **Suitable for level 2 and up.**

Dates: February 23, 24, 25, 2018

Times: Friday 6 pm to 8:30 pm
Saturday 9 am to 1 pm
Sunday 9 am to 1 pm

Fee: \$230 or \$225 with food bank donation

FOUR PILLARS OF IYENGAR YOGA

workshop series PART 1 with Val Paape

Mobility, stability, strength and alignment can be referred to as the "four pillars" of Iyengar Yoga. These workshops explore how to incorporate each of them into our practices and will touch on their philosophical significance as articulated by the Iyengars and to the on-going project of integrating mind and body. **All levels welcome.**

PART 1

Dates: March 16 & 18, 2018

Times: Friday 6 pm to 9 pm
Sunday 9 am to 1 pm

Fee: \$145 or \$140 with food bank donation

UPCOMING SPRING WORKSHOP...

GULNAAZ DASHTI CANADIAN TOUR

May 11, 12, 13, 2018 *visit our website for details.

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 MARCH 31, 2018
NO CLASS TRANSFERS INTO THE NEXT SESSION**

UNLIMITED MEMBERSHIPS

4 WEEK UNLIMITED..... \$150

SESSION UNLIMITED

Jan. 2 to Mar. 31, 2018..... \$455

IYENGAR YOGA

Yoga North teaches **lyengar 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.



lyengar-Certified Teachers.

CONTACT

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DESIGN: JANINE GOBEIL & BRIGITTE ROSENBLUND

YOGA NORTH

lyengar Tradition



WINTER 2018

January 2 to March 31

START ANYTIME!

CELEBRATING 15 YEARS!