



# YOGA NORTH

## WORKSHOPS & EVENTS

Pre-registration required

### 2018 SPRING SCHEDULE

REGULAR CLASSES • APR 3 TO JUNE 30

MON	9:30 am	Level 2	Raenel
	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	Drew
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	Beginner/Level 2	Cheryl

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 APRIL 2, MAY 12, MAY 21, JULY 2, 2018

### YOGA SUTRAS PRACTICE & STUDY with Drew and Regan

Drew and Regan will facilitate a practice and discussions of the key parts of the Yoga Sutras.  
**All levels welcome.**

**Date:** Sunday, April 8, 2018

**Time:** 2 pm to 4 pm

**Fee:** Free with food bank donation

### GULNAAZ DASHTI CANADIAN TOUR May 9 to 13, 2018

Yoga North is delighted to welcome Gulnaaz Dashti, a Senior teacher at the Ramamami Iyengar Memorial Yoga Institute (RIMYI) in Pune, India for a series of specialized classes and weekend workshop.

This is a special opportunity to study with a teacher directly linked to the Iyengar family.

#### Specialized Classes\*

**Intermediate Class:** Wednesday May 9  
**Fee:** \$25 \*\*5:30 pm to 7 pm

**Beginner Class:** Wednesday May 9  
**Fee:** \$25 \*\*7:30 pm to 9 pm

**Women's Class:** Thursday May 10  
**Fee:** \$35 9:30 am to 11:30 am

**Low Back Class:** Thursday May 10  
**Fee:** \$35 \*\*5:30 pm to 7:30 pm

#### Weekend Workshop

**Dates:** May 11, 12, 13, 2018

**Times:** Friday 6 pm to 8:30 pm  
Saturday\*\* 9 am to Noon  
2:30 pm to 5 pm  
Sunday 9 am to Noon

**Fee:** \$280

\*Discounts not applicable to specialized classes

\*\*Regular classes canceled

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 JUNE 30, 2018**  
**NO CLASS TRANSFERS INTO THE NEXT SESSION**

### UNLIMITED MEMBERSHIPS

**4 WEEK UNLIMITED**..... \$150

**SESSION UNLIMITED**  
April 3 to June 30, 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

Iyengar Tradition



## SPRING 2018

April 3 to June 30

**START ANYTIME!**

**CELEBRATING 15 YEARS!**