



YOGA NORTH

WORKSHOPS & EVENTS

Pre-registration required

2018 FALL SCHEDULE

REGULAR CLASSES • SEPT 4 TO DEC 22

DAY	TIME	LEVEL	INSTRUCTOR
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	All Levels	Drew
	7:15 pm	Men's	Drew
TUES	7 am - 8 am	Pranayama	Drew
	9:30 am	Beginner/Level 2	Paul
	6 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 <i>*no drop-ins*</i>	Regan
	5:30 pm	Rope Wall & Chair 101	Raenel
	7:15 pm	Restorative	Raenel
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	Regan
	1 pm	Level 2	Regan

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
AUG 19-SEPT 3, SEPT 29, OCT 8,
DEC 23, 2018-JAN 6, 2019

INTERMEDIATE JUNIOR I IYAC/ACYI Assessment

This is an opportunity for Yoga North students to experience how their Iyengar yoga instructors' teaching skills and knowledge are assessed in order to achieve various levels of certification. Teachers from across Canada will be coming to Yoga North for their Junior Intermediate I assessment.

Student volunteers must be regularly practicing headstand and shoulderstand to participate.

General volunteers needed.

Dates: September 28, 29, 30, 2018

Times: Please inquire for specific times

FEET, ANKLES, KNEES... & everything in between with Andrea Erb

When practicing yoga, we need a solid base. Join Andrea for a workshop in which we will explore the importance of a strong, stable foundation as we build our poses from the ground up, with a focus on strong, stable feet, ankles and knees.

All levels welcome.

Date: Friday October 19, 2018

Times: 6 pm to 8:30 pm

Fee: \$60 or \$55 with food bank donation

FOUR PILLARS OF IYENGAR YOGA PART 2 with Val Paape

This workshop will explore how to incorporate mobility, stability, strength and alignment into your practice, touching on their philosophical significance and the on-going journey of integrating mind and body. **Open to all students.**

Dates: November 16 & 18, 2018

Times: Friday 6 pm to 9 pm

Sunday 1 pm to 4 pm

Fee: \$150 or \$145 with food bank donation

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

FEES

REGULAR CLASSES

10 classes.....	\$160
Flex Option (3 to 9 classes).....	\$17.50/class
Drop-In.....	\$20/class
Pranayama.....	\$13.50/class
or use of class card	

SENIORS 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 22, 2018
NO CLASS TRANSFERS INTO THE NEXT SESSION**

UNLIMITED MEMBERSHIPS

AUM..... \$1250

- Unlimited access to all regular classes for the year from Sept. 2018 to Aug. 2019
- 10% off in-house workshops or \$5 off with food bank donation
- Available in September only

4 WEEK UNLIMITED..... \$150

SESSION UNLIMITED

Sept 4 to Dec 22, 2018..... \$480

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

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YOGA NORTH

Iyengar Yoga Winnipeg



FALL 2018

September 4 to December 22

DESIGN: JANINE GOBEIL & BRIGITTE ROSENBLUND

START ANYTIME!