



# YOGA NORTH

## 2019 SPRING SCHEDULE

REGULAR CLASSES • APRIL 1 TO JUNE 30

|       |                     |  |               |
|-------|---------------------|--|---------------|
| MON   | 9:30 am             | Level 2                                | Raenel        |
|       | 11:30 am            | <b>Back to Basics</b>                  | <b>Regan</b>  |
|       | 1:30 pm             | <b>Gentle</b>                          | <b>Regan</b>  |
|       | 5:30 pm             | <b>Level 1 &amp; 2</b>                 | <b>Drew</b>   |
|       | 7:15 pm             | <b>Men's</b>                           | <b>Drew</b>   |
| TUES  | 7 am - 8 am         | Pranayama<br><i>*April 2 - May 21*</i> | Drew          |
|       | 6 pm                | Level 3                                | Drew          |
| WED   | 9:30 am             | Level 2                                | Drew          |
|       | 11:30 am - 12:45 pm | <b>Seniors</b>                         | <b>Drew</b>   |
|       | 5:30 pm             | Level 2                                | Andrea        |
|       | 7:15 pm             | <b>Level 1</b>                         | <b>Andrea</b> |
| THURS | 10:30 am            | Cancer Class<br><i>*no drop-ins*</i>   | Regan         |
| FRI   | 9:30 am             | Level 2 & 3                            | Regan         |
|       | 11:30 am - 12:45 pm | <b>Seniors</b>                         | <b>Regan</b>  |
| SAT   | 9 am                | Level 3                                | Andrea        |
|       | 11 am               | <b>Level 1</b>                         | <b>Regan</b>  |
|       | 1pm                 | Level 2                                | Regan         |
| SUN   | 11:30 am            | <b>Level 1 &amp; 2</b>                 | <b>Raenel</b> |
|       | 1:30 pm             | <b>Gentle</b>                          | <b>Raenel</b> |

All classes are 1.5 hours unless otherwise noted.

Classes in **BOLD** suitable for **NEW STUDENTS**

SCHEDULE SUBJECT TO CHANGE

### WWW.YOGANORTHWINNIPEG.CA

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

*\*Manitoba Residents Only*

### YOGA NORTH IS CLOSED APRIL 19, 21, MAY 20, JUNE 1, 2, JULY 1

## WORKSHOPS & EVENTS

Pre-registration required

### CORE MUSCLES & YOGA:

### THIS IS NO GYM CRUNCH!

with Andrea Erb

The core muscles have a far reaching influence, and play a crucial role in the body's biomechanics. They generate the strength, stability and mobility we need to perform all of our everyday activities. In this workshop we will explore a wide variety of poses that challenge the core in many different ways.

**Suitable for Level 2 and up\*\***

**\*\*NOTE: Due to the nature of the workshop, it is not suitable for woman who will be menstruating.**

**Dates:** Friday May 3, 2019

**Times:** 6 pm to 8:30 pm

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

### TY CHANDLER

### weekend workshop

Yoga North is thrilled to welcome back Ty Chandler from Victoria, BC for a weekend workshop. Known for her strong, precise teaching and her warm, encouraging style, she blends physically demanding asana work with clear verbal instruction, yet allows students to stay connected to their own experience.

**Suitable for level 2 and up.**

**Dates:** May 31, June 1, 2, 2019

**Times:** Friday 6 pm to 8:30 pm

Saturday 9 am to 1 pm

Sunday 9 am to 1 pm

**Fee:** \$255 or \$250 with food bank donation

### 10 DAY SADHANA

### with Drew Perry & Regan Tataryn

Celebrate the end of spring and the beginning of summer with 10 days of early morning practice guided by Drew & Regan. A wonderful way to start the season and your day! **All levels welcome**

**Dates:** Monday to Friday

June 10 - 14, 17 - 21, 2019

**Times:** 6:30 am to 7:30 am

**Fee:** \$135 (for 10 classes)

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/class |

**STUDENTS:** 10% discount on classes and workshops. Not applicable to unlimited memberships.

**ALL CLASS CARDS EXPIRE JUNE 30, 2019**  
**NO CLASS TRANSFERS INTO THE NEXT SESSION**

## UNLIMITED MEMBERSHIPS

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

### SESSION UNLIMITED

Apr 1 to June 30, 2019..... \$455

## 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](http://www.yoganorthwinnipeg.ca)

**Email:** [info@yoganorthwinnipeg.ca](mailto:info@yoganorthwinnipeg.ca)



# YOGA NORTH

Iyengar Yoga Winnipeg



## SPRING 2019

**April 1 to June 30**

DESIGN: JANINE GOBEIL & BRIGITTE ROSENBLUND

## START ANYTIME!