

## Class Descriptions

We have a temperature that's just right for YOU!

**Regular Classes:** 72°-78°F/22°-25°C

**Warm Classes:** 80°-85°F/26°-30°C

**Hot Classes:** 100°-103°F/38°-40°C

**Hatha Yoga** is the yoga lineage that all yoga styles stem from as it refers to a series of postures sequenced to align the body and focus the mind. Some Teachers incorporate meditation as part of the class. **Gentle Hatha Yoga** slows the pace to take more time for each posture.

**Hatha Flow** takes postures and links them with strength-building fluid movement, creating an expressive and transformative physical practice. Recommended for students with an existing yoga practice.

**Hot, Warm & Slow Flow Yoga** is an athletic form of Hatha Yoga where postures flow together and sequences are dynamic to build toward peak postures. An uplifting and strengthening practice, the heat increases blood flow to the muscles allowing students to move deeply into postures. Recommended for students with an existing yoga practice.

**Hot Yoga** builds strength, flexibility, and endurance, and is more posture-based with longer holds than the Flow Yoga classes to give you time to acclimatize and ease into the postures.

**Kundalini Yoga** is known as the Yoga of Awareness and consists of techniques that can be enjoyed by everyone, no matter their age or physical ability. This is a holistic practice that includes breath work, posture, sound (gong), chanting silently or out loud and meditation.

**Parent & Baby Yoga** is for parents and care givers at all levels of ability and pre-crawling babies. This class reduces tension in the shoulders and strengthens your core muscles.

**Restorative Yoga** is a supportive yoga practice for those seeking some peace and calm to promote wellness and happiness. Class consists of passive supine or seated yoga postures supported by props, including blankets, bolsters, straps and blocks.

**Somatic Yoga** is for anyone who works at a desk, spends time on the computer, or feels stress in the body. This all-levels class combines abdominal breathing with subtle, easy to learn postures that align the spine and create a greater sense of balance.

**Therapeutic Yoga** is a gentle yet effective practice based on an approach that honours and connects body, mind and spirit. Various tools such as guided meditation, Yoga Nidra, breath work, mantra and postures are offered.

**Yin Yoga** is a passive style of yoga that uses longer holds in supported postures to bring release to connective tissue, specifically ligaments and tendons in the joints and spine.

**Yoga Nidra** is a guided form of meditative relaxation. This class will help you to transform your response to stress and feel relaxed, calm and rejuvenated.

**Yoga Tune Up®** is for all levels of ability and integrates therapy balls for myofascial release techniques (self-massage of soft tissues through movement) to relieve tightness and target specific areas of accumulated tension.

## Class Packages (Including HST)

- ◆ Drop-In Class: \$20
- ◆ 10 Class Series: \$165
- ◆ 20 Class Series: \$295
- ◆ Monthly Auto-Renew: \$125
- ◆ 1 Month Unlimited: \$160
- ◆ Annual Unlimited: \$1,575

10% Discount for Students, Seniors & Military

### First Time Visitors! 30 Day Unlimited Intro Package \$55

The package pays for itself with less than 4 visits!  
It makes a great gift for someone looking to start a yoga practice!

## Upcoming Trainings & Master Classes

- ◆ Mindfulness Based Stress Reduction Program with Carole—begins Sept. 20
- ◆ Advanced Yin Yoga with Joe Barnett—Sept. 22-24
- ◆ Hot Stone Restorative Training with Anne—Sept. 30
- ◆ Meditation Training with Devinder—Oct. 13-15
- ◆ Kundalini Yoga Teacher Training with Devinder—begins Oct. 20
- ◆ Chair Yoga Training with Michael—Oct. 27-29

Class Schedule and prices subject to change without notice.

Class Packages are non-refundable and non-transferable. Visit website for more details.



PranaShanti  
Yoga Centre

# Class Schedule

September — December 2017

Healthy Body - Calm Mind - Strong Spirit



4 Yoga Studio Rooms

Change Rooms with Showers & Lockers

Infrared Sauna, Registered Massage Therapy, Boutique,

FREE Parking, Bike Racks & Easy Bus Access

PranaShanti® Yoga Centre  
52 Armstrong St., Ottawa, ON  
613.761.9642 (YOGA)  
pranashanti.com

**PranaShanti Drop-In Class Schedule - September to December 2017**

<b>Monday</b>	<b>Class</b>	<b>Room</b>	<b>Teacher</b>	<b>Thursday (cont.)</b>	<b>Class</b>	<b>Room</b>	<b>Teacher</b>
9:30-11:00 am	Yoga Tune Up®	Body	Jenna	11:00-12:00 pm	Gentle Yoga	Soul	Michael
9:30-11:00 am	Hatha & Yin Yoga	Spirit	Jane	12:00-1:00 pm	Warm Yin Yoga	Body	Steffi
12:00-1:00 pm	Warm Flow Yoga	Body	Kate	12:00-1:00 pm	Therapeutic Yoga	Spirit	Kathleen
12:00-1:00 pm	Kundalini Yoga	Spirit	Sat Daya	4:30-5:30 pm	Restorative Yoga	Spirit	Anne Wanda
4:30-5:30 pm	Hot Yoga	Body	Jenna	4:30-5:30 pm	Hot Flow Yoga	Body	Kate
4:30-5:30 pm	Hatha & Yin Yoga	Spirit	Jessie	5:45-7:15 pm	Warm Somatic Yoga	Body	Richard
5:45-7:00 pm	Warm Flow Yoga	Body	Jenna	5:45-7:15 pm	Kundalini Yoga	Spirit	Devinder Kaur
5:45-7:15 pm	Yin Yoga	Soul	Anne Wanda	6:00-7:15 pm	Hatha Yoga	Soul	Kathryn
6:00-7:15 pm	Hatha Yoga & Meditation	Spirit	Jessie	7:30-9:00 pm	Yin Yoga	Soul	Gitanjali
7:30-9:00 pm	Hatha & Yin Yoga	Soul	Stéphane	7:30-9:00 pm	Warm Flow Yoga	Body	Stephanie
7:30-9:00 pm	Hot Yoga	Body	Joa	7:30-9:00 pm	Hatha Yoga & Meditation	Spirit	Maria
7:30-9:00 pm	Restorative Yoga	Spirit	Anne Wanda	<b>Friday</b>			
<b>Tuesday</b>				9:30-11:00 am	Warm Flow Yoga	Body	Mike
6:30-7:30 am	Hatha Yoga	Spirit	Julia	9:30-11:00 am	Hatha Yoga	Spirit	Genevieve
6:30-7:30 am	Hot Yoga	Body	Chantal	12:00-1:00 pm	Kundalini Yoga	Spirit	Atmabir Kaur
9:30-11:00 am	Warm Yin Yoga	Body	Pam	12:00-1:00 pm	Hot Yin Yoga	Body	Genevieve
9:30-11:00 am	Hatha Yoga	Spirit	Michael	4:30-5:45 pm	Hot Flow Yoga	Body	Jessie
11:00-12:00 pm	Gentle Yoga	Soul	Kathleen	4:30-5:45 pm	Yoga Tune Up®	Soul	Jenna
12:00-1:00 pm	Warm Yin Yoga	Body	Kate	4:30-5:45 pm	Restorative Yoga	Mind	Kathleen
12:00-1:00 pm	Hatha Yoga	Spirit	Genevieve	6:00-7:15 pm	Yin Yoga	Mind	Gitanjali
2:00-3:00 pm	Hatha & Yin Yoga	Soul	Steffi	6:00-7:15 pm	Warm Slow Flow Yoga	Body	Stephanie
4:30-5:30 pm	Warm Flow Yoga	Body	Laurie	6:00-7:15 pm	Hatha Yoga & Meditation	Soul	Jessie
4:30-5:30 pm	Hatha Yoga	Spirit	Stephanie	<b>Saturday</b>			
5:45-7:15 pm	Somatic Yoga	Mind	Richard	9:00-10:30 am	Warm Flow Yoga	Body	Melissa
5:45-7:15 pm	Yin Yoga	Soul	Laurie	9:00-10:30 am	Kundalini Yoga	Spirit	Atmabir Kaur
5:45-7:15 pm	Kundalini Yoga	Spirit	Devinder Kaur	9:00-10:30 am	Hatha & Yin Yoga	Soul	Sarah
6:00-7:15 pm	Hot Yoga	Body	Sarah	11:00-12:30 pm	Hot Yoga	Body	Julia
7:30-8:45 pm	Slow Flow Yoga	Spirit	Kathryn	11:00-12:30 pm	Hatha Yoga	Soul	Melissa
7:30-9:00 pm	Therapeutic Yoga	Soul	Kathleen	1:00-2:30 pm	Hatha Yoga	Soul	Julia
7:30-9:00 pm	Warm Yin Yoga	Body	Sarah	1:00-2:30 pm	Warm Yin Yoga	Body	Jane
<b>Wednesday</b>				3:30-5:00 pm	Warm Flow Yoga	Body	Joa
9:30-11:00 am	Hatha Yoga	Spirit	Kathryn	3:30-5:00 pm	Therapeutic Yoga	Soul	Rachel
9:30-11:00 am	Warm Yin Yoga	Body	Steffi	<b>Sunday</b>			
11:30-12:30 pm	Parent & Baby Yoga	Mind	Jennifer	9:30-11:00 am	Hot Flow Yoga	Body	Julia
12:00-1:00 pm	Warm Yin Yoga	Body	Stephanie	9:30-11:00 am	Hatha Yoga	Soul	Steffi
12:00-1:00 pm	Kundalini Yoga	Spirit	Sat Daya Kaur	9:30-11:00 am	Kundalini Yoga	Spirit	Devinder Kaur
4:00-5:30 pm	Warm Yin Yoga	Body	Maria	11:30-1:00 pm	Warm Slow Flow Yoga	Body	Steffi
4:30-5:30 pm	Hatha Yoga	Spirit	Laurie	11:30-1:00 pm	Therapeutic Yoga	Soul	Kathleen
5:45-7:00 pm	Warm Flow Yoga	Body	Laurie	2:00-3:30 pm	Slow Flow Yoga	Soul	Anne Wanda
5:45-7:15 pm	Yin Yoga	Spirit	Stéphane	2:00-3:30 pm	Warm Yin Yoga	Body	Maria
6:00-7:15 pm	Yoga Nidra	Soul	Julia	4:00-5:15 pm	Hot Flow Yoga	Body	Stéphane
7:30-9:00 pm	Hot Yoga	Body	Joa	4:00-5:30 pm	Restorative Yoga	Soul	Anne Wanda
7:30-9:00 pm	Hatha & Yin Yoga	Soul	Pam	5:45-7:15 pm	Slow Flow Yoga	Soul	Jenna
7:30-9:00 pm	Therapeutic Yoga	Spirit	Rachel	5:45-7:15 pm	Warm Yin Yoga	Body	Stéphane
<b>Thursday</b>							
6:30-7:30 am	Hot Flow Yoga	Body	Chantal				
6:30-7:30 am	Kundalini Yoga	Spirit	Nirlep Kaur				
9:30-10:45 am	Hot Yoga	Body	Steffi				
9:30-11:00 am	Hatha & Yin Yoga	Spirit	Pam				