

## 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.



*PranaShanti*  
Yoga Centre

## Class Schedule

January — April 2018

Healthy Body - Calm Mind - Strong Spirit



## 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

- ◆ **300 Hour Hatha Yoga Teacher Training—Registration is OPEN!**
- ◆ 200 Hour Hatha Yoga Teacher Training—Winter Program—Begins Jan. 12
- ◆ Yoga for Limited Mobility Training—Jan. 26-28
- ◆ Restorative Yoga Training—Feb. 2-4
- ◆ Creating Balance Master Class—Feb. 23-25

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

Class Schedule and prices subject to change without notice.

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

**PranaShanti Drop-In Class Schedule - January to April 2018**

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

<b>Thursday (cont.)</b>	<b>Class</b>	<b>Room</b>	<b>Teacher</b>
11:00-12:00 pm	Gentle	Soul	Michael
12:00-1:00 pm	Warm Yin	Body	Steffi
12:00-1:00 pm	Flow	Spirit	Meghan
4:30-5:30 pm	Restorative	Spirit	Anne Wanda
4:30-5:30 pm	Hot Flow	Body	Kate
5:45-7:15 pm	Warm Somatic	Body	Richard
5:45-7:15 pm	Kundalini	Spirit	Devinder Kaur
6:00-7:15 pm	Hatha	Soul	Kathryn
7:30-9:00 pm	Yin	Soul	Gitanjali
7:30-9:00 pm	Warm Slow Flow	Body	Stephanie
7:30-9:00 pm	Hatha + Meditation	Spirit	Maria
<b>Friday</b>			
9:30-11:00 am	Warm Flow	Body	Mike
9:30-11:00 am	Hatha	Spirit	Genevieve
12:00-1:00 pm	Kundalini	Spirit	Atmabir Kaur
12:00-1:00 pm	Hot Yin	Body	Genevieve
4:30-5:45 pm	Restorative (LYB Friendly)	Mind	Kathleen
4:30-5:45 pm	Hot Flow	Body	Jessie
4:30-5:45 pm	Yoga Tune Up®	Soul	Jenna
6:00-7:15 pm	Yin Yoga	Mind	Gitanjali
6:00-7:15 pm	Warm Slow Flow Yoga	Body	Stephanie
6:00-7:15 pm	Hatha + Meditation	Soul	Jessie
<b>Saturday</b>			
9:00-10:30 am	Warm Flow	Body	Melissa
9:00-10:30 am	Kundalini	Spirit	Atmabir Kaur
9:00-10:30 am	Yang + Yin	Soul	Sarah
11:00-12:30 pm	Hot	Body	Julia
11:00-12:30 pm	Hatha	Soul	Melissa
1:00-2:30 pm	Hatha	Soul	Julia
1:00-2:30 pm	Warm Yin	Body	Jane
3:30-5:00 pm	Warm Flow	Body	Joa
3:30-5:00 pm	Restorative Yoga	Soul	Chantal
<b>Sunday</b>			
9:30-11:00 am	Hot Flow	Body	Megan
9:30-11:00 am	Hatha	Soul	Steffi
9:30-11:00 am	Kundalini	Spirit	Devinder Kaur
11:30-1:00 pm	Warm Slow Flow	Body	Steffi
11:30-1:00 pm	Therapeutic	Soul	Kathleen
2:00-3:30 pm	Slow Flow	Soul	Genevieve
2:00-3:30 pm	Warm Yin	Body	Maria
4:00-5:15 pm	Hot Flow	Body	Stéphane
4:00-5:30 pm	Restorative	Soul	Anne Wanda
5:45-7:15 pm	Slow Flow	Soul	Jenna
5:45-7:15 pm	Warm Yin	Body	Stéphane