

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 many 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

May — August 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

- ◆ 200 Hour Hatha Yoga Training Summer—begins June 15
- ◆ Teaching Yoga & Mindfulness to Children—June 17
- ◆ Kundalini Yoga Retreat with Devinder—August 24-26
- ◆ 7 Windows to the Soul with Anodea Judith—Sept 14-16

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 - May to August 2018

| Monday | Class | Room | Teacher |
|------------------|-------------------------|-------------|----------------|
| 9:30-10:45 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 | Philippe |
| 5:45-7:00 pm | Warm Flow | Body | Jenna |
| 5:45-7:15 pm | Yin | Soul | Anne Wanda |
| 6:00-7:15 pm | Yoga + 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 |
| Tuesday | | | |
| 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 |
| 12:00-1:00 pm | Warm Yin (LYB Friendly) | Body | Kate |
| 12:00-1:00 pm | Gentle 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 | 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 |
| Wednesday | | | |
| 9:30-11:00 am | Warm Yin | Body | Steffi |
| 9:30-11:00 am | Hatha | Spirit | Kathryn |
| 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 | Yoga + Meditation | Spirit | Kate |
| 6:00-7:15 pm | Yoga Nidra | Soul | Julia |
| 7:30-8:45 pm | Yin | Soul | Pam |
| 7:30-9:00 pm | Hot | Body | Joa |
| 7:30-9:00 pm | Therapeutic | Spirit | Kathleen |
| 9:00-10:00 pm | Candlelit Flow | Soul | Phillippe |
| Thursday | | | |
| 6:30-7:30 am | Hot Flow | Body | Chantal |
| 7:30-8:30 am | Yang + Yin | Spirit | Cat |
| 9:30-10:45 am | Warm Slow Flow | Body | Steffi |
| 9:30-11:00 am | Yang + Yin | Spirit | Pam |

| Thursday (cont.) | Class | Room | Teacher |
|-------------------------|----------------------------|-------------|----------------|
| 11:00-12:00 pm | Gentle | Soul | Michael |
| 12:00-1:00 pm | Warm Yin | Body | Steffi |
| 12:00-1:00 pm | Slow Flow | Spirit | Meghan |
| 4:30-5:30 pm | Restorative | Spirit | Anne Wanda |
| 4:30-5:30 pm | Hot Flow | Body | Philippe |
| 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 |
| 7:30-8:45 pm | Yoga + Meditation | Spirit | Kathryn |
| 7:30-9:00 pm | Warm Slow Flow | Body | Stephanie |
| Friday | | | |
| 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 | Philippe |
| 4:30-5:45 pm | Yoga Tune Up® | Soul | Jenna |
| 6:00-7:15 pm | Yin | Mind | Gitanjali |
| 6:00-7:15 pm | Warm Slow Flow | Body | Stephanie |
| 6:00-7:15 pm | Yoga + Meditation | Soul | Philippe |
| Saturday | | | |
| 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 | Soul | Chantal |
| Sunday | | | |
| 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 Yang + Yin | Body | Steffi |
| 11:30-1:00 pm | Therapeutic | Soul | Kathleen |
| 2:00-3:15 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 |