

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

- ◆ Hatha Yoga Teacher Training—Part-Time Program—Begins Nov. 5
- ◆ Level 2 Authentic Relationships—December 1-6, 2017
- ◆ Hatha Yoga Teacher Training—Winter Program—Begins Jan. 12
- ◆ Yoga for Limited Mobility Training—Jan. 26-28
- ◆ Restorative Yoga Training—Feb. 2-4

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

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

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