

## 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

**Club Med(itation)** is an opportunity to explore meditation. This class will help you to strengthen and expand your meditation practice, transform your response to stress, and feel relaxed and rejuvenated. The summer schedule features **Yoga Nidra** (guided meditative relaxation) with Julia Long.

**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 Flow Yoga** is an athletic, challenging 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 Hot/Warm 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 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 2017

Healthy Body - Calm Mind - Strong Spirit



## Class Packages (Including HST)

- ◆ Drop-In Class: \$20
- ◆ 10 Class Series: \$135
- ◆ 20 Class Series: \$240
- ◆ 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

- ◆ **Maria Garre Master Class Weekend**—May 26-28
- ◆ **Gentle Yoga Training**—May 27-28
- ◆ **Sadie Nardini Master Class**—June 10
- ◆ **200 Hr Hatha Yoga Teacher Training— Summer Program**—Begins June 16
- ◆ **Bryan Kest Master Class Weekend**—July 28-30

Class Schedule and prices subject to change without notice.

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

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 - May to August 2017

Monday	Class	Room	Teacher	Thursday (cont.)	Class	Room	Teacher
9:30-10:45 am	Yoga Tune Up®	Body	Jenna Switzer	9:30-10:45 am	Hot Yoga	Body	Steffi Retzlaff
9:30-11:00 am	Hatha & Yin Yoga	Spirit	Jane Wharton	9:30-11:00 am	Hatha & Yin Yoga	Spirit	Pam B. MacPhee
12:00-1:00 pm	Warm Flow Yoga	Body	Kate Durie	11:00-12:00 pm	Gentle Yoga	Soul	Mike Hutkins
12:00-1:00 pm	Kundalini Yoga	Spirit	JD Hutchison	12:00-1:00 pm	Warm Yin Yoga	Body	Steffi Retzlaff
4:30-5:30 pm	Hot Yoga	Body	Jenna Switzer	4:30-5:30 pm	Restorative Yoga	Spirit	Anne Wanda Tessier
4:30-5:30 pm	Hatha & Yin Yoga	Spirit	Jessie Carson	4:30-5:30 pm	Hot Flow Yoga	Body	Kate Durie
5:45-7:00 pm	Warm Flow Yoga	Body	Jenna Switzer	5:45-7:15 pm	Warm Somatic Yoga	Body	Richard Hudspith
5:45-7:15 pm	Yin Yoga	Soul	Anne Wanda Tessier	5:45-7:15 pm	Kundalini Yoga	Spirit	Devinder Kaur
6:00-7:15 pm	Hatha Yoga & Meditation	Spirit	Jessie Carson	6:00-7:15 pm	Hatha Yoga	Soul	Kathryn Flynn
7:30-9:00 pm	Hatha & Yin Yoga	Soul	Stéphane Ippersiel	7:30-8:45 pm	Hatha Yoga	Soul	Vanessa Maxwell
7:30-9:00 pm	Hot Yoga	Body	Joa Keur	7:30-9:00 pm	Warm Flow Yoga	Body	Monika Jacobik
7:30-9:00 pm	Restorative Yoga	Spirit	Anne Wanda Tessier	7:30-9:00 pm	Yin Yoga	Spirit	María Figueroa
<b>Tuesday</b>				<b>Friday</b>			
6:30-7:30 am	Hatha Yoga	Spirit	Julia Long	9:30-11:00 am	Warm Flow Yoga	Body	Mike Dynie
6:30-7:30 am	Hot Yoga	Body	Chantal Houde	9:30-11:00 am	Hatha Yoga	Spirit	Tamara McIntyre
9:30-11:00 am	Warm Yin Yoga	Body	Pam B. MacPhee	12:00-1:00 pm	Hot Yin Yoga	Body	Tamara McIntyre
9:30-11:00 am	Hatha Yoga	Spirit	Mike Hutkins	12:00-1:00 pm	Kundalini Yoga	Spirit	Atmabir Kaur
12:00-1:00 pm	Warm Yin Yoga	Body	Kate Durie	4:30-5:45 pm	Hot Flow Yoga	Body	Jessie Carson
12:00-1:00 pm	Hatha Yoga	Spirit	Tamara McIntyre	4:30-5:45 pm	Yoga Tune Up®	Soul	Jenna Switzer
4:30-5:30 pm	Warm Flow Yoga	Body	Laurie Howe	6:00-7:15 pm	Yin Yoga	Mind	Elissar Hanna
4:30-5:30 pm	Hatha Yoga	Spirit	Tamara McIntyre	6:00-7:15 pm	Warm Flow Yoga	Body	Stephanie Turple
5:45-7:15 pm	Somatic Yoga	Mind	Richard Hudspith	6:00-7:15 pm	Hatha Yoga & Meditation	Soul	Jessie Carson
5:45-7:15 pm	Yin Yoga	Soul	Laurie Howe	<b>Saturday</b>			
5:45-7:15 pm	Kundalini Yoga	Spirit	Devinder Kaur	9:00-10:30 am	Warm Flow Yoga	Body	Melissa Delaney
6:00-7:15 pm	Hot Yoga	Body	Sarah Leger	9:00-10:30 am	Kundalini Yoga	Spirit	Atmabir Kaur
7:30-8:45 pm	Hatha Flow Yoga	Spirit	Kathryn Flynn	9:00-10:30 am	Hatha & Yin Yoga	Soul	Sarah Leger
7:30-9:00 pm	Yoga Tune Up®	Soul	Jenna Switzer	11:00-12:30 pm	Hatha Yoga	Soul	Melissa Delaney
7:30-9:00 pm	Warm Yin Yoga	Body	Sarah Leger	11:00-12:30 pm	Hot Flow Yoga	Body	Julia Long
<b>Wednesday</b>				1:00-2:30 pm	Hatha Yoga	Soul	Julia Long
9:30-11:00 am	Hatha Yoga	Spirit	Kathryn Flynn	1:00-2:30 pm	Warm Yin Yoga	Body	Jane Wharton
9:30-11:00 am	Warm Yin Yoga	Body	Steffi Retzlaff	3:30-5:00 pm	Warm Flow Yoga	Body	Joa Keur
11:30-12:30 pm	Parent & Baby Yoga	Mind	Jennifer Gilleen	3:30-5:00 pm	Therapeutic Yoga	Soul	Rachel Schmidt
12:00-1:00 pm	Warm Yin Yoga	Body	Vanessa Maxwell	<b>Sunday</b>			
12:00-1:00 pm	Kundalini Yoga	Spirit	Sat Daya Kaur	9:30-11:00 am	Hot Flow Yoga	Body	Julia Long
4:00-5:30 pm	Warm Yin Yoga	Body	María Figueroa	9:30-11:00 am	Hatha Yoga	Soul	Steffi Retzlaff
4:30-5:30 pm	Hatha Yoga	Spirit	Laurie Howe	9:30-11:00 am	Kundalini Yoga	Spirit	Devinder Kaur
5:45-7:00 pm	Warm Flow Yoga	Body	Laurie Howe	11:30-1:00 pm	Warm Flow Yoga	Body	Monika Jacobik
5:45-7:15 pm	Yin Yoga	Spirit	Stéphane Ippersiel	11:30-1:00 pm	Therapeutic Yoga	Soul	Anne Wanda Tessier
6:00-7:15 pm	Club Med(itation) Yoga Nidra	Soul	Julia Long	2:00-3:30 pm	Hatha Flow Yoga	Soul	Elissar Hanna
7:30-9:00 pm	Hot Yoga	Body	Joa Keur	2:00-3:30 pm	Warm Yin Yoga	Body	María Figueroa
7:30-9:00 pm	Hatha & Yin Yoga	Soul	Pam B. MacPhee	4:00-5:15 pm	Hot Flow Yoga	Body	Stéphane Ippersiel
7:30-9:00 pm	Therapeutic Yoga	Spirit	Rachel Schmidt	4:00-5:30 pm	Restorative Yoga	Soul	Anne Wanda Tessier
<b>Thursday</b>				5:45-7:15 pm	Hatha Flow Yoga	Soul	Jenna Switzer
6:30-7:30 am	Hot Flow Yoga	Body	Chantal Houde	5:45-7:15 pm	Warm Yin Yoga	Body	Stéphane Ippersiel
6:30-7:30 am	Kundalini Yoga	Spirit	Nirlep Kaur				