

Yoga & Motion Class Schedule Spring 2011

March 21 – May 21

9 Week Session



Monday	Tuesday	Wednesday	Thursday	Saturday	Prices
9:00 – 10:00 am Karma Walk Monday thru Friday (except Wednesday)....walking to music – Free!					
	<p>10:00 – 11:30 am "Beginner/Restorative Round Body Yoga" With Nicky</p>		<p>10:00 – 11:30 am "Beginner/Restorative Round Body Yoga" With Nicky</p>	<p>9:00 – 10:00 am "Easy Does It...getting into motion – Chair Yoga Class" With Nicky</p>	<p>Drop In Prices Registered Student \$15.00 Non-registered Student \$17.00</p> <p>Class Passes 5 Class Pass \$65.00 9 Class Pass \$117.00 18 Class Pass \$210.00 Unlimited Pass \$260.00</p> <p>Private Sessions \$40.00 pr hr</p> <p>Class times are 1.5 hours Except specialty classes *</p> <p>Student & Senior Rate 9 Class Pass \$105.00</p> <p>Registration includes a free pass to try another class & bring a friend (One pass per student).</p> <p>All classes are suitable for beginners... however; please check with the instructor prior to class to see where you fit best</p> <p><i>All prices are subject to HST</i></p>
	<p>12:15 – 1:00 pm (1:15 meditation optional) "Lunch Time Yoga" Hatha based yoga class suitable for any levels. With Nicky</p>	<p>9:30 – 11:00 am "NIA" With Linda</p>		<p>10:00 – 11:30 am "Beginner/Restorative Round body" With Nicky & Michelle</p>	
<p>6:00 – 7:30 pm "Beginner/Restorative Round Body Yoga" With Nicky & Michelle</p>	<p>3:00 – 4:00 pm "Easy Does It...getting into motion – Chair Yoga Class" With Nicky</p>	<p>6:00 – 7:30 pm "Beginner/Restorative Round Body Yoga" With Nicky & Michelle</p>	<p>4:45-5:45 Drive Home Yoga Hatha based yoga for EVERY body</p>		
	<p>6:00 – 7:30 pm "NIA" With Linda</p>				
<p>7:40 - 9:00 pm "Hands on Yoga" With Nicky & Michelle</p>	<p>7:40 – 9:00 pm "Yoga & Meditation" With Darren</p>	<p>7:40 - 9:00 pm "Hands on Yoga" With Michelle & Nicky</p>			
<p>Private Yoga Sessions If you are looking for focused practice and individualized sessions to grow and build with, then private sessions are an option. Sessions can be booked around your schedule and specific needs. Call for more information.</p>	<p>Yoga & Wellness Package Inclusive package consisting of yoga classes, personalized home yoga routine, wellness assessment (including metabolic typing) & consultations (including two kinesiology muscle balance sessions) with preferred rates for additional sessions. Additionally you receive a follow-up reassessment in both yoga and overall wellness. Call for more information.</p>		<p>Yoga & Athletic Therapy Package Inclusive package consisting of yoga classes, personalized home yoga routine, athletic therapist assessment (including physical mobility and individualized home program), with preferred rates for additional sessions. Additionally you receive a follow-up reassessment in both yoga and athletic therapy. Call for more information.</p>		

About our classes...



"Beginner/Restorative Round Body"

Slower moving class, Hatha based, using props to encourage and ease you into your yoga practice, suitable for beginner or experienced.

"Hands on Yoga" - Blend together a fast paced Ashtanga based yoga, long pose holds, core strengthening, hands on pose adjustments, partner yoga and muscle releasing techniques. This is a very hot and strong class, suitable for those who want to responsibly push their bodies.

"Easy does it... getting into motion - chair yoga class"

Mobility issues? Looking to re-coop from an injury? Experience what it feels like to feel better again. Props (chairs etc.) will be used to help you ease back into movement or to keep you moving. Class is suitable for the young & younger at heart... anyone can attend (limited to 8 people).

"Yoga & Meditation" - combines a variety of meditation techniques with yoga to enable you to release physical tension and examine deeper awareness. Dealing with Body, Breath, and Mind meditation is an art in the process of observing, accepting, and understanding. Meditation has been used successfully in clinical settings as a method of stress and pain reduction. This class is suitable for all abilities.

"NIA®" - is the first and most advanced form of fitness-the combining of classic movement forms, encompassing martial arts, healing arts (yoga) and dance creating a synergy that no isolated technique can match. This is a great cardio class suitable for all levels all ages and it's fun fun fun!

"OMGYM Play dates" - Come and hang with us! Join Michelle and Darren and experience the OmGym... dates TBA... feel free to check in with us on future dates!

"Yoga, Meditation & Sounding" - Join Nicky for an afternoon which combines yoga, meditation and sound. No experience necessary. Class is based on a meditaion technique that was taught to Nicky during her teacher training course in India.

Time: 1-4:00 pm April 9 & May 7 Fee \$20.00

Services offered



Specialized Kinesiology
Muscle Balancing
Stress Management
Touch for Health
Holistic Lifestyle Coaching
Acupressure
Moxa - Acupoint Warming
Tui Na Massage
Cupping

Wellness Classes & Seminars
Shiatsu Massage
Bowen Therapy
Quantum Touch
Athletic Therapy
Personal Training
Registered Massage Therapy
Reiki

Workshops & Events

Standard First Aid and CPR Course April 3 & 4

Reiki Share - Mar. 17, Apr. 14, 28, May 12, 26, Jun. 9, 23

Reiki Level 1 Training - March 26

Healing Arts Show - April 2

Reiki Master Training - April 9 & 10

OmGym Workshop with Trixie - April 29, 30 & May 1

Yoga, Meditation & Sounding - April 9 & May 7

Girls Night Out - April 8

David Hickey Crystal Bowl & Planet Gong Concert - May 13 & 14

Christine Anderson Weekend - June 3, 4, & 5

See our website or facebook for events or class changes.

Yoga Therapy Packages...

Studio Om and Ohana Wellness Centre have combined service packages to assist you on your journey towards wellness.

Yoga & Wellness Packages

Yoga & Athletic Therapy Packages

Yoga & Training Packages

1436 Main Street, N. Callander (705) 752-0294 www.studioom.ca or www.ohanawellness.ca

Located less than 8 minutes from North Bay at the north end of Callander near Osprey.