

WORKSHOPS AND EVENTS

"PAYING ATTENTION": CULTIVATING THE PRACTICE OF MINDFULNESS MEDITATION

with Donna Paige, MSW, RSW, RMFT

Please visit www.andreasooosyoga.com for details regarding fall meditation offerings.

AGING GRACEFULLY WITH YOGA \$45.00 per person

with Andrea Soos
Saturday, September 17 – 1:00-3:00 PM

Staying active, strong & flexible are key ingredients to enjoying vitality and mobility as we age. Enjoy an introduction to gentle range of movement exercises and easy yoga poses which improve balance, stability, posture and overall movement, including adaptations for injuries and conditions which affect mobility such as arthritis and osteoporosis. Discover how yoga can be accessible for every age and every body. Beginners are welcome.

GENTLEMEN PREFER YOGA \$45.00 per person

with Andrea Michaluk
Saturday, September 24 – 1:00-3:00 PM

Tight, sore muscles? Can't touch your toes? Limber up with yoga! Learn effective stretches and basic yoga poses which reduce tension & stiffness and increase strength & flexibility. Lengthen tight hamstrings, improve shoulder & hip mobility and discover how yoga can enhance your daily activities, sports and other forms of exercise. No experience necessary.

YOGA FOR YOUR SHOULDERS, ARMS, WRISTS & HANDS \$60.00 per person

with Andrea Soos
Saturday, October 1 – 1:00-4:00 PM

Our daily life involves many repetitive movements which can lead to discomfort in the shoulders, forearms, wrists, hands & fingers. Learn easy stretching and strengthening exercises which relieve stiffness, soreness and inflammation due to stress and overuse, as well as conditions such as arthritis, carpal tunnel syndrome and rotator cuff injuries.

FALL POSTURE TUNE-UP \$60.00 per person

with Andrea Soos
Saturday, October 15 – 1:00-4:00 PM

Stand tall this fall and enjoy the benefits of good posture! Come to examine your postural habits and learn how to effectively open your chest, release your shoulders, improve hip function and lengthen your spine. Discover how good posture not only helps you to be comfortably upright at work & play, but also positively affects your breathing and overall attitude. Beginners are welcome.

YOGA FOR YOUR HIPS, KNEES & FEET \$60.00 per person

with Andrea Soos

Saturday, November 12 – 1:00-4:00 PM

Known as your lower kinetic chain, your hips, knees & feet move in relationship to each other, and most importantly, in relationship to the ground. Come to learn basic anatomy of these structures and explore various range of motion & stability exercises which address muscle imbalances, prevent injury, reduce pain and improve function. New students welcome.

YOGA FOR ANXIETY \$60.00 per person

with Andrea Soos
Saturday, November 26 – 1:00-4:00 PM

Yoga offers many practical tools in managing the physical, psychological and emotional effects of chronic stress and anxiety, and can be an effective adjunct to other prescribed therapies. In this workshop, we will practice gentle movement to relieve postural anxiety, learn simple techniques to free the respiratory system and enhance breath awareness, and rest in appropriate restorative poses to calm the nervous system and promote emotional balance. Suitable for those who are new to yoga, including yoga teachers and health care practitioners who wish to learn more.

RESTORATIVE YOGA MINI-RETREAT \$60.00 per person

with Andrea Soos

Sunday, December 4 – 10:00 AM - 1:00 PM

As the hectic holiday season approaches, give yourself the gift of kindness and self-care with a morning of 'active relaxation' through mindful movement, various nurturing restorative poses and quiet breath awareness. Relax, unwind & undo with the knowledge that 'taking time for yourself is a gift for everyone'. Please bring a large blanket and an eye pillow.

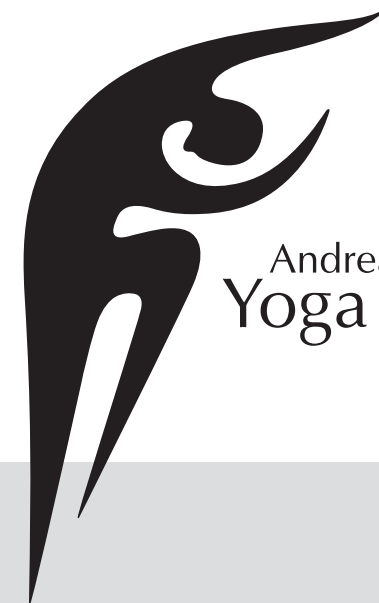
HOLIDAY YOGA CLASS IN SUPPORT OF MISSION SERVICES HAMILTON

with Joanne Hudspith
Wednesday, December 28 – 10:30 AM - 12:00 PM

'Tis the season of peace, joy and gratitude. In the spirit of giving, join Joanne for a relaxing morning of easy yoga poses and gentle stretches anyone can enjoy! New students, friends & family members are welcome. Please bring a mat and arrive early to ensure your space.

\$20.00 cash donation per person to Mission Services Hamilton is greatly appreciated.

Registration and payment are required in advance for all workshops. Prices include HST.



Andrea Soos
Yoga Studio

YOGA CLASSES
AND WORKSHOPS

905.523.9310

1685 Main St. W., Suite 202B,
Main West Mall Offices, Hamilton
www.andreasooosyoga.com

FALL 2011

YOGA CLASS SCHEDULE

Tuesday, September 6 to Saturday, December 17

FALL 2011

Monday	9:30 AM - 11:00 AM	Beginning	Joanne Hudspith	13 wks.	\$234.00
	1:30 PM - 2:45 PM	Gentle Yoga	Joanne Hudspith	13 wks.	\$234.00
	6:00 PM - 7:30 PM	Intermediate	Andrea Soos	13 wks.	\$234.00
	7:45 PM - 9:15 PM	Experienced	Andrea Soos	13 wks.	\$234.00
Tuesday	9:30 AM - 11:00 AM	Intermediate	Andrea Soos	15 wks.	\$270.00
	12:00 PM - 1:00 PM	Lunch Hour All Levels	Andrea Soos	15 wks.	\$270.00
	1:15 PM - 2:15 PM	Yoga for Osteoporosis	Andrea Soos	15 wks.	\$270.00
	6:00 PM - 7:30 PM	Intermediate	Joanne Hudspith	15 wks.	\$270.00
Wednesday	9:30 AM - 11:00 AM	Beginning	Joanne Hudspith	15 wks.	\$270.00
	6:00 PM - 7:30 PM	Beginning	Andrea Soos	15 wks.	\$270.00
	7:45 PM - 9:15 PM	Intermediate	Andrea Soos	15 wks.	\$270.00
Thursday	9:30 AM - 11:00 AM	Experienced	Andrea Soos	15 wks.	\$270.00
	4:30 PM - 5:30 PM	Yoga for Osteoporosis	Andrea Soos	15 wks.	\$270.00
	6:00 PM - 7:30 PM	Intermediate	Andrea Michaluk	15 wks.	\$270.00
	7:45 PM - 9:15 PM	Beginning	Andrea Michaluk	15 wks.	\$270.00
Friday	1:30 PM - 3:00 PM	Stretch & Restore*	Andrea Michaluk	15 wks.	\$270.00
	NEW 7:00 PM - 8:30 PM	Friday Night Restorative**	Andrea Soos/ Joanne Hudspith/ Andrea Michaluk	Sept. 16, 30 Oct. 14, 28 Nov. 11, 25 Dec. 9	\$25.00/ person/ class
Saturday	9:00 AM - 10:30 AM	Intermediate	Andrea Michaluk	14 wks.	\$252.00
	10:45 AM - 12:15 PM	Beginning	Andrea Michaluk	14 wks.	\$252.00

* Restorative Yoga classes have limited enrolment and may only be attended as make-up or drop-in classes as space permits – please confirm in advance.

** Friday Night Restorative is a space-limited drop-in class – pre-registration is required.

The studio will be closed Thanksgiving weekend (October 8 to 10) and December 18 to January 1. Winter classes begin on Monday, January 2, 2012.

NB: Schedule subject to change without notice – updates will be posted @ www.andreasoooyoga.com. Prices include HST.

CLASS DESCRIPTIONS

Private, small group & corporate classes also available. Please call the studio for details.
All classes at the studio are Hatha Yoga inspired by the teachings of Vanda Scaravelli.

BEGINNING: An introduction to simple warm-ups, basic yoga poses and breathing techniques for students with little or no experience. Also suitable for prenatal students who are new to yoga – modifications are provided.

INTERMEDIATE: For students who are familiar with basic yoga poses and wish to learn more. Previous participation in a beginner series is strongly recommended.

EXPERIENCED: For students who have a solid foundation in this work and wish to deepen their inquiry.

GENTLE YOGA: For those with movement issues due to age or injury who require a slower pace and gentle variations of yoga poses to open the body and quiet the mind.

YOGA FOR OSTEOPOROSIS: A lively class designed for the prevention and management of low bone density or osteoporosis, including safe versions of yoga poses and appropriate weight-bearing & strengthening exercises which address vulnerable areas, improve posture & balance, and help students move confidently in their daily activities.

RESTORATIVE YOGA: Restful poses are practiced with the support of bolsters, blankets & other props to relax the body, calm the mind, and promote emotional balance. Suitable for any age or ability, especially those experiencing chronic stress & fatigue, recovering from illness or injury, dealing with sleep issues, or facing major life events. Please bring a blanket and an eye pillow.

STRETCH & RESTORE: Enjoy a relaxing and rejuvenating practice at the end of your week with a full-body stretch followed by a series of restorative poses to help you renew and unwind.

CLASS FEES

Drop-in fee \$20.00
(unregistered students)

Additional class in a week \$18.00
(registered students)

10 Class Pass \$195.00
(10 drop-in classes valid for 6 months)

Private Session (1 hour, 1 person) \$90.00

Two or more registered classes/week
or second registered family member 15% discount*
(same household) (on second registration)

Subsequent family members,
full time students & seniors 10% discount*
(on registered classes)

*You may benefit from one of the above discounts

Gift Certificates are available in any denomination, and must be used within one year from date of purchase.

PRICES INCLUDE HST

POLICIES

- Missed classes can be made up at any time during the session in which you are enrolled.
- **As a courtesy**, up to 3 classes may be carried over as extra classes in the following session if it is paid for in full.
- Late registrations will be pro-rated.
- Drop-in students are welcome, space permitting.
- Registrations are non-transferable to other students or sessions.
- 24 hours notice is required to cancel a private class or the fee will be charged.
- The studio cannot give refunds.

REGISTRATION

Early registration is recommended to reserve your space. Payments must be received in advance with a non-refundable deposit of \$30.00 along with a post-dated cheque for the balance dated the first day of your class. We accept cheques and cash, and ask that cash payments be made in person.

Payments may be dropped-off at the studio or mailed to:

Andrea Soos Yoga Studio Inc.
1685 Main St. W., Suite 202B, Hamilton, ON L8S 1G5
Email: info@andreasoooyoga.com