

WORKSHOPS AND EVENTS

10TH ANNIVERSARY OPEN HOUSE

Saturday, January 14 – 1:00-3:00 PM

Join us as we celebrate 10 years of yoga on Main St. W.! Bring a friend, enjoy light refreshments, and connect with your fellow yoga-mates. We look forward to thanking you for your years of patronage, and to meeting new students who wish to learn more about the studio & our various programs.

"PAYING ATTENTION": CULTIVATING THE PRACTICE OF MINDFULNESS MEDITATION \$216.00
with Donna Paige, MSW, RSW, RMFT for 6-week series

Sundays, January 15 to February 19 – 10:00 AM - 12:00 PM

Mindfulness meditation enhances well being in its approach to mental calming & physical relaxation. This 6-week introductory program will help participants in developing the skills of focusing the mind, letting go of concerns, and fostering non-judgmental awareness of ongoing life events. Learning will be experiential through body & breath-focused awareness, gentle movement and guided imagery.

GENTLE YOGA FOR SENIORS \$45.00
with Joanne Hudspith per person

Saturday, January 21 – 1:00-3:00 PM

Discover how yoga can be a safe & accessible movement practice for any age & ability with an introduction to gentle stretches and easy yoga poses which improve flexibility, stability, balance and posture, including adaptations for injuries and conditions affecting mobility such as arthritis and osteoporosis. New students welcome.

YOGA FOR ANXIETY WORKSHOP \$60.00
with Andrea Soos per person

Saturday, January 28 – 1:00-4:00 PM

Yoga offers many practical tools in managing the physical, psychological and emotional effects of chronic stress & anxiety, and can be an effective adjunct to other prescribed therapies. This workshop will include gentle movement to relieve muscle tension, mindfulness practices to improve focus & enhance breath awareness, and quiet restorative poses to calm the nervous system & promote emotional balance. No previous experience necessary.

YOGA FOR ANXIETY CLASS SERIES \$100.00
with Andrea Soos for 4 weeks

Fridays, February 3 to 24 – 10:00 AM - 11:30 AM

A 4-week series to help participants foster skills in managing the effects of chronic stress & anxiety, including gentle yoga, breathing & mindfulness techniques and calming restorative poses. New students welcome.

THERAPEUTIC YOGA FOR OSTEOPOROSIS \$60.00
with Andrea Soos per person

Saturday, February 4 – 1:00-4:00 PM

Bone health involves a lifetime regimen of proper diet and weight-bearing exercise. In this workshop, we will examine the role of movement in building and maintaining strong bones with an exploration of safe versions of yoga poses and appropriate stability & mobility exercises to stimulate bone growth, improve posture & balance and reduce the risk of falls. Suitable for those with osteopenia & osteoporosis, as well as those seeking a preventative bone health program.

YOGA FOR HEART HEALTH \$45.00
with Andrea Michaluk per person

Saturday, February 11 – 1:00-3:00 PM

The effects of stretching, deep breathing and relaxation have long been studied and shown to decrease stress and improve heart health by reducing blood pressure & age-related arterial hardening, lowering heart rate and regulating heart rhythm. Learn how a gentle yoga practice can benefit your heart with an exploration of gentle stretches, effective breathing techniques and heart-opening restorative poses. Students of any age or ability are welcome.

SLEEP BETTER WITH YOGA \$45.00
with Andrea Soos per person

Sunday, February 12 – 3:00-5:00 PM

We know the value of a good night's sleep, and how insomnia can affect our waking hours. The quality of our sleep can be affected by stress, hormonal changes, emotional or medical issues. Learn a series of restorative poses, quiet breathing exercises and a restful before-bed yoga routine you can practice at home to help improve your sleep habits and normalize your sleep cycle by releasing physical and mental tension. Please bring a large blanket and an eye pillow.

**UNPLUG & TUNE-IN:
YOGA FOR BUSY MEN** \$45.00
with Andrea Michaluk per person

Saturday, February 18 – 1:00-3:00 PM

Take a break from the demands of technology & daily stressors with an introduction to easy yoga poses and breathing techniques to calm the body and focus the mind. Practice simple stretches to relieve stiffness and tension in your neck, shoulders, back, hips & legs, and learn an easy routine you can practice at your desk anytime to regroup and recharge. Newcomers welcome!

THERAPEUTIC YOGA FOR BACK PAIN \$60.00
with Andrea Soos per person

Saturday, March 3 – 1:00-4:00 PM

The health of your back is greatly influenced by the strength, stability and mobility of your hips, shoulders & spine. Learn a series of therapeutic yoga exercises to reduce pain and bring ease to the muscles, joints & connective tissues associated with these structures for a happier & healthier back!

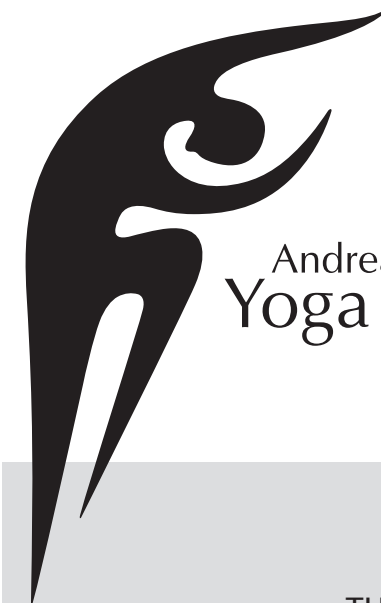
**MINDFULNESS MEDITATION
DAYLONG MINI-RETREAT** \$120.00
with Donna Paige, MSW, RSW, RMFT per person
(includes lunch)

"Mindfulness – The Practice of Intimacy"

Sunday, March 4 – 10:00 AM - 4:30 PM

This day of practice will be in **silence** and is designed for those with some background & experience in mindfulness meditation and open to anyone who wishes to deepen their meditation practice. There will be alternating periods of sitting and walking meditation with intermittent talks and sequential instructions. Focused attention will be on mindfulness of body breathing; hindrances; and an exploration of the metaphor for mindfulness practice as the **practice of intimacy**. A light vegetarian lunch will be provided.

Prices include HST.



Andrea Soos
Yoga Studio

SLOW
MINDFUL
THERAPEUTIC
YOGA

WINTER 2012

905.523.9310

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

YOGA CLASS SCHEDULE

WINTER 2012

Monday, January 2 to Thursday, April 5

Monday	10:00 AM - 11:30 AM	Beginning	Joanne Hudspith	13 wks.	\$247.00
	1:30 PM - 2:45 PM	Gentle Yoga	Joanne Hudspith	13 wks.	\$247.00
	6:00 PM - 7:30 PM	Intermediate	Andrea Soos	13 wks.	\$247.00
	7:45 PM - 9:15 PM	Experienced	Andrea Soos	13 wks.	\$247.00
Tuesday	10:00 AM - 11:30 AM	Intermediate	Andrea Soos	14 wks.	\$266.00
	12:00 PM - 1:00 PM	Lunch Hour All Levels	Andrea Soos	14 wks.	\$266.00
	1:15 PM - 2:15 PM	Yoga for Osteoporosis	Andrea Soos	14 wks.	\$266.00
	NEW 3:30 PM - 4:30 PM	Yoga for Tweens (11-14yrs)	Joanne Hudspith	8 wks. (Jan. 10-Feb. 28)	\$136.00
	6:00 PM - 7:30 PM	Intermediate	Joanne Hudspith	14 wks.	\$266.00
Wednesday	10:00 AM - 11:30 AM	Beginning	Joanne Hudspith	14 wks.	\$266.00
	6:00 PM - 7:30 PM	Beginning	Andrea Soos	14 wks.	\$266.00
	7:45 PM - 9:15 PM	Intermediate	Andrea Soos	14 wks.	\$266.00
Thursday	10:00 AM - 11:30 AM	Experienced	Andrea Soos	14 wks.	\$266.00
	4:30 PM - 5:30 PM	Yoga for Osteoporosis	Andrea Soos	14 wks.	\$266.00
	6:00 PM - 7:30 PM	Intermediate	Andrea Michaluk	14 wks.	\$266.00
	7:45 PM - 9:15 PM	Beginning	Andrea Michaluk	14 wks.	\$266.00
Friday	10:00 AM - 11:30 AM	Yoga for Anxiety Series	Andrea Soos	4 wks. (Feb. 3-24)	\$100.00
	1:30 PM - 3:00 PM	Stretch & Restore*	Andrea Michaluk	13 wks.	\$247.00
	7:00 PM - 8:30 PM	Friday Night Restorative**	Andrea Soos	Jan. 6, 20 Feb. 3, 17 Mar. 2, 16, 30	\$25.00/ person/ class
Saturday	9:00 AM - 10:30 AM	Intermediate	Andrea Michaluk	13 wks.	\$247.00
	10:45 AM - 12:15 PM	Beginning	Andrea Michaluk	13 wks.	\$247.00

* Stretch & Restore has limited enrolment and may only be attended as make-up or drop-in classes as space permits – please confirm in advance.

** Friday Night Restorative cannot be attended as a make-up class. Registration for each class is required in advance.

The studio will be closed for Family Day on Monday, February 20, and on Easter weekend from Friday, April 6 to Sunday, April 8. Spring classes begin on Monday, April 9.

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.
Our accessible & therapeutic Hatha Yoga is 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.

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.

FRIDAY NIGHT RESTORATIVE: 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, or facing major life events. Please bring a blanket and an eye pillow.

CLASS FEES

Drop-in fee \$22.00
(unregistered students)

Additional class in a week \$19.00
(registered students)

10 Class Pass \$200.00
(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.

Registration and payment are required in advance for all workshops.

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