

## WORKSHOPS & EVENTS

### FALL OPEN HOUSE

An invitation to visit the studio, meet our instructors, and ask questions about our classes, workshops and private yoga therapy sessions. Learn more about our therapeutic approach and register for fall classes! All are welcome – friends and new students included!

#### We look forward to seeing you!

**Date:** Saturday, September 12  
**Time:** 12:00-2:00 PM

### “PAYING ATTENTION”: CULTIVATING THE PRACTICE OF INSIGHT MEDITATION

#### ‘On the Cushion’: An Insight Meditation Sitting Group

These sessions will be held in silence. The purpose is to support ongoing meditation practice for those with experience, and to provide opportunity for others to develop a sitting practice. This will not be a teaching class per se, but will be designed around a theme. There will be opportunities to address practice questions or struggles.

*No advance registration – people are free to ‘drop in’.*

#### ‘Exploring Compassion’: A Daylong Insight Meditation Retreat

This day of meditation practice will be held in silence and is designed for beginners and those wishing to deepen their current practice. Through instructions, alternating periods of sitting and walking meditation, intermittent dharma talks, we will explore the connection of mind/heart in the cultivation of compassion... the heart of Buddhist practice. Opening our hearts in the midst of suffering, including our own, is of great benefit to all. Please note that lunch is not included – we invite you to bring your own. Further details will be provided upon registration.

**Teacher:** Donna Paige, MSW, RSW, RMFT  
**Dates:** Wednesdays – September 9 to October 14  
**Time:** 7:30-8:30 AM  
**Fee:** \$5.00 cash to studio plus ‘dana’ (donation to teacher)

**Teachers:** Donna Paige and Kate Partridge  
**Dates:** Sunday, September 27  
**Time:** 10:00 AM – 4:30 PM  
**Fee:** \$40.00 +HST registration plus ‘dana’ (donation to the teachers)

### THERAPEUTIC YOGA FALL CLINICS

All clinics will include time for discussion, questions & breaks – new students are welcome!

#### Yoga For Your Neck & Shoulders

Do you experience upper body strain & tension, including ‘tech neck’ from using devices? Learn easy exercises to ease discomfort and improve stability in the neck & shoulders, and discover how enhancing function in these areas can also relieve arm & wrist pain due to repetitive strain.

#### Walk Well With Yoga

Understand the biomechanics of walking with an exploration of anatomy and movement at the studio, followed by a walk in the park! Learn how underused feet and tight hips can influence gait pattern and posture, investigate your range of motion and balance, and discover how improving hip extension can enhance your backward ‘push off’ and enliven your walking experience. Rain or shine!

**Teacher:** Joanne Hudspith  
**Date:** Saturday, September 19  
**Time:** 1:00-3:30 PM  
**Fee:** \$50.00 +HST

**Teacher:** Andrea Michaluk  
**Date:** Saturday, October 3  
**Time:** 1:00-3:30 PM  
**Fee:** \$50.00 +HST

### THERAPEUTIC YOGA FALL CLINICS Continued...

#### SI Joints: The problem isn’t where the pain is!

The sacroiliac (SI) joints are at the “crossroads” of the body – where the pelvis meets the spine, and are subject to forces moving through the body from above and below. If the body isn’t absorbing these upward and downward forces optimally, the SI joints often bear the brunt of the force and we experience pain. We think we have a SI joint problem, but in reality we may have a hip or shoulder problem.

Learn more about the sacroiliac joints, common causes of SI joint pain, and experience some movements and strategies to improve hip and shoulder function and decrease pain.

**Teacher:** Joanne Hudspith  
**Date:** Saturday, October 17  
**Time:** 1:00-3:30 PM  
**Fee:** \$50.00 +HST

#### Demystifying Your Core

‘Where’ and ‘what’ is your core? Discover how true core stability involves more than just your ‘abs’, and experience how it can be evoked from head to toe without tension, bracing, straining or breath-holding. Tension-free strength is possible!

**Teacher:** Joanne Hudspith  
**Date:** Saturday, November 7  
**Time:** 1:00-3:30 PM  
**Fee:** \$50.00 +HST

### INTRODUCTION TO iREST YOGA NIDRA

iRest Yoga Nidra is a relaxation practice which allows participants to lie down and rest deeply through guided meditation based on teachings from the yoga tradition and current research. It can be used to develop an inner resource to help navigate and transform negative emotions and thought patterns, calm the nervous system, and foster a deep capacity to meet life as it presents itself. iRest Yoga Nidra is especially effective in reducing stress, chronic pain, sleep issues, anxiety, and the effects of trauma and PTSD.

**Teacher:** Andrea Soos  
**Dates:** Saturday, October 24  
**Time:** 1:00-4:30 PM  
**Fee:** \$75.00 +HST

### YOGA FOR ANXIETY – 6-WEEK SERIES

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 therapies. This 6-week series will introduce gentle movement, breathing & mindfulness practices, iRest Yoga Nidra and restorative poses to help relieve tension, calm the nervous system and promote emotional balance.

**Teacher:** Andrea Soos  
**Date:** Thursdays – November 5 to December 10  
**Time:** 5:30-7:00 PM  
**Fee:** \$180.00 +HST for 6-class series

### PARTNER RHYTHMIC MOVEMENT WORKSHOP

Rhythmic movement training is based on the instinctual movements infants make to prepare their bodies for rolling over, sitting, crawling and walking. These movements stimulate the brain stem and help integrate primitive and postural reflexes to improve muscle tone, core connection and proprioception.

**Teacher:** Joanne Hudspith  
**Dates:** Saturday, November 21  
**Time:** 1:00PM-4:00 PM  
**Fee:** \$65.00 +HST per person

In this 3-hour workshop, you and your partner will learn several basic rhythmic movements to improve mind-body connection, coordination, breathing, posture and core stability. Enjoy a whole-body approach to movement with passive and isometric exercises. A fun and relaxing treat for you both!

Visit [www.andreasoooyoga.com](http://www.andreasoooyoga.com) for additional class series descriptions.



Andrea Soos  
Yoga Studio

Greater Hamilton’s Only  
THERAPEUTIC YOGA Studio

FALL 2015  
SCHEDULE

Classes • Workshops • Private Yoga Therapy

17 King Street E., Suite 204, Dundas  
Above Service Ontario

905.627.9310

[AndreaSoosYoga.com](http://AndreaSoosYoga.com)

# FALL CLASS SCHEDULE

Tuesday, September 8 to Saturday, December 19

Monday	10:00 AM - 11:30 AM	Beginning	Joanne Hudspith	13 wks	\$247.00 + HST
	12:00 PM - 1:15 PM	Group Therapeutic Yoga	Joanne Hudspith	13 wks	\$247.00 + HST
	<b>NEW</b> 1:30 PM - 3:00 PM	<b>Custom Therapeutic Class</b>	Joanne Hudspith	7 wks (Nov 2 - Dec 14)	\$210.00 + HST
	5:30 PM - 7:00 PM	Intermediate	Andrea Soos	13 wks	\$247.00 + HST
	7:15 PM - 8:45 PM	Experienced	Andrea Soos	13 wks	\$247.00 + HST
Tuesday	<b>NEW</b> 7:30 AM - 8:30 AM	Early Morning Yoga	Helga Morrison	15 wks	\$285.00 + HST
	10:00 AM - 11:30 AM	Experienced	Andrea Soos	15 wks	\$285.00 + HST
	11:45 AM - 1:00 PM	Intermediate	Andrea Soos	15 wks	\$285.00 + HST
	2:00 PM - 3:15 PM	Group Therapeutic Yoga	Andrea Soos	15 wks	\$285.00 + HST
	<b>NEW</b> 5:45 PM - 7:00 PM	Group Therapeutic Yoga	Andrea Michaluk	15 wks	\$285.00 + HST
	7:15 PM - 8:45 PM	Beginning	Andrea Michaluk	15 wks	\$285.00 + HST
Wednesday	<b>NEW</b> 7:30 AM - 8:30 AM	<b>Morning Meditation Sitting Group</b>	Donna Paige	6 wks (Sept 9 - Oct 14)	\$5/studio + 'dana'*
	10:00 AM - 11:30 AM	Beginning	Joanne Hudspith	15 wks	\$285.00 + HST
	5:30 PM - 7:00 PM	Beginning	Andrea Michaluk	15 wks	\$285.00 + HST
	7:15 PM - 8:45 PM	Intermediate	Andrea Michaluk	15 wks	\$285.00 + HST
Thursday	8:30 AM - 9:30 AM	Intermediate	Andrea Michaluk	15 wks	\$285.00 + HST
	10:00 AM - 11:30 AM	Experienced	Andrea Soos	15 wks	\$285.00 + HST
	2:00 PM - 3:15 PM	Group Therapeutic Yoga	Andrea Soos	15 wks	\$285.00 + HST
	5:30 PM - 7:00 PM	<b>Yoga for Anxiety Series</b>	Andrea Soos	6 wks (Nov 5 - Dec 10)	\$180.00 + HST
	<b>NEW</b> 7:15 PM - 8:30 PM	<b>Exploring Mindful Movement</b>	Megan English	6 wks (Oct 15 - Nov 19)	\$150.00 + HST
Friday	10:00 AM - 11:30 AM	Intermediate	Andrea Soos	15 wks	\$285.00 + HST
	7:00 PM - 8:30 PM	<b>Friday Night Restorative</b>	Andrea Michaluk Joanne Hudspith	Sept 11, Oct 9, Nov 6, Dec 4	\$25.00 + HST per class
	<b>NEW</b> 7:00 PM - 8:30 PM	<b>iRest Yoga Nidra</b>	Andrea Soos	Sept 25, Oct 23, Nov 20, Dec 18	\$25.00 + HST per class
Saturday	9:30 AM - 11:00 AM	Intermediate	Andrea Michaluk	14 wks	\$266.00 + HST

Class size is limited to 15 people, and space priority is given to those registered in full for the session. Classes with space for 10-class pass holders and drop-in students will be indicated on our website. Specialty series listed in bold are registered separately. Schedule subject to change without notice – updates will be posted at [www.andreasoosyoga.com](http://www.andreasoosyoga.com).

The studio will be closed for Thanksgiving from Saturday, October 10 to Monday, October 12. Winter classes begin on Monday, January 4, 2016.

\* 'dana' is a donation to the teacher in the Buddhist tradition of generosity.

## PRIVATE YOGA THERAPY

Private Yoga Therapy sessions are individualized to help you reduce and eliminate pain, release tension and improve function through relaxation, quiet breathing exercises and gentle movements which foster ease, strength and stability.

Following each 1-hour session, you will receive a customized home practice program to address your specific needs and health concerns, including recent & old injuries, muscle tension & stiffness, chronic pain & illness, anxiety & depression, recovery from surgery and sleep disturbances.

Yoga Therapy is often the most suitable way to begin a yoga practice for those living with health issues and discomfort, and provides a safe and intelligent movement program which complements other rehabilitative therapies. As part of your health care team, we will connect with your other providers whenever necessary.

Please call 905.627.9310 or email [info@andreasoosyoga.com](mailto:info@andreasoosyoga.com) to inquire or book your session.

Appointments are available with **Andrea Soos** and **Joanne Hudspith** at various times. Please visit website for further details. A 24-hour cancellation policy applies.

\$85.00 + HST for one session

\$240.00 + HST for 3-session bundle

## CLASS DESCRIPTIONS

All beginning, intermediate & experienced classes involve therapeutic yoga principles & exercises to improve mobility, stability and overall movement alongside an exploration of traditional Hatha yoga poses. Group Therapeutic Yoga classes are space-limited and intended for those with health and movement issues.

Please see [www.andreasoosyoga.com](http://www.andreasoosyoga.com) for full class descriptions.

*Customized small group classes are available for your friends, family members and work colleagues. Please contact us for details.*

## CLASS FEES

Drop-in fee ..... (unregistered students)	\$22.00 + HST
Additional class in a week ..... (registered students)	\$19.00 + HST
10 Class Pass ..... (10 drop-in classes valid for 6 months)	\$200.00 + HST
Two or more registered classes/week or second registered family member ..... (same household)	15% discount*
Seniors (over 65) and full time students ..... (on registered classes)	10% discount*

Gift Cards are available in any denomination and may be purchased at the studio.

## POLICIES

- Missed classes can be made up during the session in which you are enrolled where space is available (please see website).
- Late registrations will be pro-rated.
- 10 Class Passes are valid for 6 months only.
- Registrations and 10-Class Passes are non-transferable to other students or sessions.
- 24 hours notice is required to cancel a private yoga therapy session or the fee will be charged.
- The studio cannot give refunds.

## REGISTRATION

Payment in full is required in advance to reserve your space in classes and workshops.

We accept **cash, cheques, Visa, Mastercard & Debit**, and are open for transactions 15 minutes before and after our group classes.

Cheque payments may be dropped off or mailed to:

**Andrea Soos Yoga Studio Inc.**

17 King Street E., Suite 204  
Dundas, L9H 1B7

Phone: 905.627.9310

Email: [info@andreasoosyoga.com](mailto:info@andreasoosyoga.com)

## PARKING

There are several spaces behind our building, metered parking on King St., and free parking on Park St. and Cross St. Public parking lots are located behind the Dundas Library off Hatt St. and on King St. W.