

WORKSHOPS & EVENTS

SPRING 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 spring classes! All are welcome – friends and new students included!

We look forward to seeing you!

Date: Saturday, April 11
Time: 12:00-2:00 PM

“PAYING ATTENTION”: CULTIVATING THE PRACTICE OF INSIGHT MEDITATION

6-WEEK INTRODUCTORY COURSE

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.

Teacher: Donna Paige, MSW, RSW, RMFT
Dates: Thursdays – April 9 to May 14
Time: 5:30-7:15 PM
Fee: \$180.00 +HST for 6-class series

THE BRIDGE OF MINDFULNESS: A 5-MORNING INSIGHT MEDITATION INTENSIVE

Mindfulness lies between past and future and bridges experience to the present moment. This 5-morning intensive will help 'bridge' your meditation practice into daily life. Practices to spring your inner goodness into the world will be emphasized. Designed for those with experience – beginners are welcome!

Teacher: Donna Paige, MSW, RSW, RMFT
Dates: Monday, June 22 to Friday, June 26
Time: 8:00-9:45 AM
Fee: \$150.00 +HST for 5-class series

FRIDAY NIGHT RESTORATIVE YOGA

Enjoy a quiet refuge at the end of the week and rest in gentle poses with the support of bolsters, pillows, blankets and other props for prolonged periods of undisturbed silence. This practice is especially helpful for those dealing with sleep issues, chronic stress & fatigue, illness & injuries, anxiety & depression, or facing major life events. Registration is limited and required in advance.

Teacher: Alternating
Dates: Every other Friday – April 10 & 24, May 8 & 22, June 5 & 19
Time: 7:00-8:30 PM
Fee: \$25.00 +HST per class
Please bring a large blanket and an eye pillow (also available to purchase at the studio).

THERAPEUTIC YOGA SPRING CLINICS

YOGA FOR BACK PAIN 4-WEEK SERIES

Find relief from back pain with therapeutic yoga exercises for the hips, shoulders & spine. Suitable for those who experience discomfort from prolonged sitting, arthritis, osteoporosis, disc issues, and other conditions which affect your back and spine. Ease tension, improve mobility and gain stability with simple movements, breath awareness and relaxation for a healthier & happier back!

Teacher: Joanne Hudspith
Dates: Wednesdays, April 15 to May 6
Time: 1:30-3:00 PM
Fee: \$120 +HST for 4-class series

WORKSHOPS & EVENTS

THERAPEUTIC YOGA SPRING CLINICS Continued...

YOGA FOR YOUR SHOULDERS

Explore a series of simple exercises to ease stiffness and tension in the neck, upper back and shoulders. Experience how unwinding tension and improving stability in these areas can also relieve arm & wrist pain due to repetitive strain. No experience necessary.

Teacher: Joanne Hudspith
Date: Saturday, April 18
Time: 1:00-3:00 PM
Fee: \$45.00 +HST

YOGA FOR YOUR FEET

Do you suffer from foot pain, fallen arches, stiff or weak ankles? Discover how to access more mobility and stability in your feet, and how improving their function (26 bones and 33 joints in each!) can be the gateway for enhanced balance, gait and overall movement. Enliven your feet and connect with the ground in a whole new way! Back by popular demand (with new material!). A great Mother's Day gift!

Teacher: Andrea Michaluk
Date: Saturday, May 9
Time: 1:00-3:00 PM
Fee: \$45.00 +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 or straining. A great tune-up for your spring and summer activities!

Teacher: Joanne Hudspith
Dates: Saturday, May 23
Time: 1:00-3:00 PM
Fee: \$45.00 +HST



GUEST SPEAKER – Join us Wednesday, May 13, 1:30-3:00 PM for a presentation by Jocelyn Burgener, author of *Naked Under My Coat - Writing Under the Influence of Parkinson's*. For more information see AndreaSoosYoga.com.

YOGA FOR ANXIETY 5-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 4-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
Dates: Thursdays, May 21 to June 18
Time: 5:30-7:15 PM
Fee: \$150.00 +HST for 5-class series

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.

Teacher: Andrea Soos
Dates: Saturday, June 6
Time: 1:00-4:00 PM
Fee: \$65.00 +HST



Andrea Soos
Yoga Studio

Greater Hamilton's Only
THERAPEUTIC YOGA Studio

SPRING
SCHEDULE 2015

Classes • Workshops • Private Yoga Therapy

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

905.627.9310

AndreaSoosYoga.com

SPRING CLASS SCHEDULE 2015

Monday, April 6 to Tuesday, June 30

Monday	10:00 AM - 11:30 AM	Beginning	Joanne Hudspith	12 wks	\$228.00 + HST
	12:00 PM - 1:15 PM	Group Therapeutic Yoga	Joanne Hudspith	12 wks	\$228.00 + HST
	5:30 PM - 7:00 PM	Intermediate	Andrea Soos	12 wks	\$228.00 + HST
	7:15 PM - 8:45 PM	Intermediate/Experienced	Andrea Soos	12 wks	\$228.00 + HST
Tuesday	10:00 AM - 11:30 AM	Experienced	Andrea Soos	13 wks	\$247.00 + HST
	NEW 11:45 AM - 1:00 PM	Intermediate	Andrea Soos	13 wks	\$247.00 + HST
	2:00 PM - 3:15 PM	Group Therapeutic Yoga	Andrea Soos	13 wks	\$247.00 + HST
	NEW 5:45 PM - 7:00 PM	Group Therapeutic Yoga	Andrea Michaluk	13 wks	\$247.00 + HST
	7:15 PM - 8:45 PM	Beginning	Andrea Michaluk	13 wks	\$247.00 + HST
Wednesday	10:00 AM - 11:30 AM	Beginning	Joanne Hudspith	12 wks	\$228.00 + HST
	NEW 1:30 PM - 3:00 PM	Yoga for Back Pain Series	Joanne Hudspith	4 wks (Apr 15 - May 6)	\$120.00 + HST
	5:30 PM - 7:00 PM	Beginning	Andrea Michaluk	12 wks	\$228.00 + HST
	7:15 PM - 8:45 PM	Intermediate	Andrea Michaluk	12 wks	\$228.00 + HST
Thursday	8:30 AM - 9:30 AM	Intermediate	Andrea Michaluk	11 wks (Ends June 18)	\$209.00 + HST
	10:00 AM - 11:30 AM	Experienced	Andrea Soos	12 wks	\$228.00 + HST
	2:00 PM - 3:15 PM	Group Therapeutic Yoga	Andrea Soos	12 wks	\$228.00 + HST
	5:30 PM - 7:15 PM	Introduction to Meditation	Donna Paige	6 wks (Apr 9 - May 14)	\$180.00 + HST
	5:30 PM - 7:15 PM	Yoga for Anxiety	Andrea Soos	5 wks (May 21-June 18)	\$150.00 + HST
	7:30 PM - 9:00 PM	Beginning	Helga Morrison	12 wks	\$228.00 + HST
Friday	10:00 AM - 11:30 AM	Intermediate	Andrea Soos	12 wks	\$228.00 + HST
	7:00 PM - 8:30 PM	Friday Night Restorative	Alternating Instructors	Apr 10 & 24 May 8 & 22 June 5 & 19	\$25.00 + HST per class
Saturday	9:30 AM - 11:00 AM	Intermediate	Andrea Michaluk	11 wks	\$209.00 + 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. Schedule subject to change without notice – updates will be posted at AndreaSoosYoga.com.

The studio will be closed for Canada Day on Wednesday, July 1 until Sunday, July 5. Summer classes begin on Monday, July 6.

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 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.

\$80.00 + HST for one session
\$225.00 + 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 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 **our NEW location in Dundas** above Service Ontario.

Andrea Soos Yoga Studio Inc.
17 King Street E., Suite 204
Dundas, L9H 1B7
Phone: 905.627.9310
Email: 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. A large public parking lot is located behind the Dundas Library off Hatt St., with another on King St. W.