

Enriching Lives with the Art,  
Science,  
& Philosophy of Yoga.

We offer yoga classes inspired by the  
Iyengar tradition suitable for all ages and  
levels of experience, in addition to  
registered speciality classes and monthly  
workshops. Yoga is an ancient practice  
that brings together mind and body.  
It incorporates breathing exercises,  
meditation and poses designed to  
encourage relaxation and reduce stress.  
Practicing yoga brings many benefits for  
both mental and physical health that  
cultivate a more peaceful, healthy  
& joyous life.



Classes suitable for beginners;  
Discover  
Gentle Yoga  
Restorative Yoga  
Yoga for Healthy Joints

For more information please  
check us out online!

THE YOGA STUDIOS OF CALGARY  
[www.theyogastudiocalgary.com](http://www.theyogastudiocalgary.com)

## Winter I Schedule

Jan 5 - March 1



**New Student Intro Offer**  
**3 Weeks Unlimited Yoga**  
**\$69 +gst**

**#200, 1829 Ranchlands Blvd. NW**  
**403-239-3344**

### PRICES

10 class pass \$200 +gst

20 class pass \$340 +gst

10 livestream only pass \$150 +gst

Autopay monthly unlimited \$135 +gst

1 month unlimited pass \$170 +gst

3 month unlimited pass \$450 +gst

\*All passes are valid for in-studio or live stream\*

\*\*All unlimited passes include  
Video on Demand Library\*\*

**DISCOVER YOGA:** A beginner's yoga class to learn the foundations of a progressive yoga practice based on classic Iyengar postures. Incorporating the basic principles of alignment, breathing and the use of props. Suitable for beginners and practitioners looking to strengthen their foundations.

**MIXED LEVEL:** Continue to work at your level and advance your yoga practice. Proper modifications are given for the beginner student and more challenging options are given for the continuing student to stay challenged in their practice. Suitable for beginners and experienced practitioners.

**RESTORATIVE & NIDRA (Candlelight):** This class is a mix of gentle restorative poses, pranayama (breathing), soothing aromatherapy and sound healing. A deep relaxation journey to open and release tension while being immersed in a varietal of healing sound vibrations and warm candlelight glow. The class concludes with a guided yoga nidra practice to foster deep relaxation and mental rest. Leave feeling calm, relaxed and peaceful. Suitable for everyone.

**YOGA FLOW:** Consciously link movement of body to breath. This dynamic, flowing practice leads you through a series of postures to strengthen, build flexibility and promote physical stamina with a deep sense of inner calm. Some experience required.

**RESTORATIVE YOGA:** Let stress and tension melt away in this deeply relaxing therapeutic practice. Beneficial for those with chronic ailments or those who wish to reduce stress & replenish energy. Leave feeling rooted & revitalized. Suitable for everyone.

**GENTLE YOGA:** A slower introduction to the basics of yoga. This class focuses on gentle movements to reduce stiffness & improve range of motion. Suitable for beginners and practitioners who need extra support.

**YOGA FOR HEALTHY JOINTS:** A specialized class that includes gentle exercises designed to increase joint mobility, muscular flexibility, improve circulation and restore vitality. This class is especially beneficial for anyone wanting to maintain or increase joint mobility and decrease pain and stiffness. Suitable for mature, active adults.

**YOGA FOR 50+:** It's never too late to start practicing yoga! As we age the body becomes more challenged to retain its natural range of motion. This class emphasizes correct alignment and body movement. Reduce stiffness and improve range of motion, while building strength and balance.

Suitable for mature, active adults.

**YIN YOGA:** Targeting the deep connective tissue of the body. Long holds practiced in stillness creating a deep, quiet and meditative practice. Suitable for everyone.

**YANG YIN YOGA:** This class will begin with a gentle yet invigorating yang flow to energize and warm the body. This mindful movement will open your joints and build heat to prepare for the deep release of the following yin practice. The second part of the class will transition into

## MONDAY

**9:15 - 10:30am Gentle Yoga - Spring L**

**11:00 - 12:15pm 50+ Yoga - Chrissy L**

**\*2:30 - 3:45pm Yoga for Healthy Aging - Monica E**

**5:00 - 6:15pm Yoga for Core & Strength - Matt F**

**6:30 - 7:45pm Yoga Flow - Lili D**

## TUESDAY

**9:15 - 10:30am Discover Yoga - Monica E**

**\*11:00 - 12:00pm Mom & Baby Yoga - Monica E**

**\*1:00 - 2:15pm Chair Yoga For Healthy Mobility - Spring L**

**2:30 - 3:45pm Restorative Yoga - Spring L**

**5:00 - 6:15pm Yin Yoga - Jaycee G**

**\*6:30 - 7:45pm Yoga for a Better Back - Spring L**

## WEDNESDAY

**9:15 - 10:30am Yoga for 50+ - Chrissy L**

**11:00 - 12:15pm Yoga for Healthy Joints - Chrissy L**

**\*1:15 - 2:30pm Yoga for a Better Back - Vanitha N**

**5:00 - 6:15pm Yoga Flow - Rikki D**

**\*6:30 - 7:45pm Yoga for a Better Back - Spring L**

## THURSDAY

**9:15 - 10:30am Mixed Level - Martina W**

**11:00 - 12:15pm Gentle Yoga - Spring L**

**\*1:15 - 2:30pm Yoga For Arthritis - Monica E**

**5:00 - 6:15pm Discover Yoga - Monica E**

**6:30 - 7:45pm In-Studio Only Restorative & Nidra (Candlelight) - Monica E**

## FRIDAY

**9:15 - 10:30am Yoga Flow - Ritu B**

**11:00 - 12:15pm In-Studio Only Yoga for 50+ - Vanitha N**

**5:00 - 6:15pm Yin Yoga - Cassandra J**

## SATURDAY

**9:15 - 10:30am In-Studio Only Mixed Level - Vanitha N**

**11:00 - 12:15pm Discover Yoga - Brett H**

## SUNDAY

**9:15 - 10:30am Yang Yin Yoga - Zyanya E**

**\*11:00 - 12:15pm Yoga for Curvy Women - April B**

**1:00 - 2:15pm Restorative Yoga - Monica E**

**\*2:30 - 3:45pm Prenatal Yoga - Monica E**

**\*4:15 - 5:30pm Yoga for Mental Health - Monica E**

**\*Denotes 8 Week Registered Class. Please register online or call the studio.**

**All drop-in classes are offered in-studio or live stream unless otherwise specified.**