

UPCOMING EVENTS

EXPLORATIONS IN THE BALANCE OF OPPOSITES

With special guest Anusara yoga teacher Suzie Hurly : founder and director of Willow Street Yoga, Maryland.

Suzie brings her spirited teaching and open heart to lead us in a practice focusing on complimentary opposites that serve to make us more whole and balanced in our lives. In a variety of poses, including inversions and backbends, we will look at many polarities and use them to align the physical, emotional and mental body in a precise and life affirming way.

Fri April 30th , Sat May 1, Sun May 2, 2010 • \$300, \$340 after March 25th. Tax incl

FRIDAY EVENING MEDITATION CLASSES: Practices for Happiness.

Learn the techniques of concentration and mindful attention to access the peace within. It just takes practice!
May 7 Breath: A True Companion. *Learn how turning our attention to the breath with precision and ease builds confidence in practice and in ourselves. with Joanne Gormley*

May 14 Calming the Restless Mind. *Naming the contents of the mind as they arise relieves mental tension and rouses energy. with Joanne Ransom*

**Friday evenings 6:00- 8:00pm
\$30 per session \$50 for both**

SPECIAL PRACTICE BUILDING CLASS with Mona Keddy Thursday April 8 7:00-9:00 \$25

VITALIZE AND ENERGIZE

April is the month in the cycle of the seasons for renewal and regeneration. Mona's Detox and Cleanse is a yoga practice to cleanse the body and mind of toxins and improve energy and vitality. The class will include standing, seated, supine and inverted postures that emphasize the three internal components for cleansing: abdominal compression, decompression and twists.

With Mona Keddy

Saturday April 10 10:00-1:00 pm \$60

YOGA AND INSIGHT MEDITATION

Country Retreat in Social Silence

Our popular annual retreat. An opportunity to go inward, spend time with yourself, and connect with your center of insight and intuition. Yoga twice a day and instruction in Insight Meditation. Private room. Nourishing vegetarian meals.

With Joanne Gormley and Joanne Ransom

At the beautiful Schweitzer Farm in Sutton Qc.

October 22,23,24, from \$335 plus GST

Joanne Ransom M.Ed. is a Professional Level Kripalu Yoga Teacher. She is also a counselor/psychotherapist and massage therapist in private practice.



Joanne Gormley, a professional Level Kripalu Yoga teacher is a Phoenix Rising Yoga Therapist, Gestalt counselor and massage therapist in private practice.

The Joannes bring a combined 30 years of experience teaching yoga, meditation and leading groups. They share an enthusiasm for conscious living and a devotion to bringing the practices of yoga and meditation into daily life. Their teaching has been enriched through ongoing study with senior teachers in a variety of traditions, including John Friend, Angela Farmer, Shiva Rae, Erich Shiffman, Jack Kornfield, Stephen Cope, Richard Freeman, etc.



SPRING SESSION

2010

April 12 – June 27

SUMMER SESSION

July 5 – Sept 4

5582 SHERBROOKE WEST

H4A 1W3

(across from Girouard Park)

514-712-9642

www.yogaonthepark.ca

KRIPALU YOGA

A form of Hatha yoga, including postures (asanas), breathing (pranayama), relaxation and meditation. It is a holistic system of self development, integrating body, mind and spirit, and is a powerful tool for cultivating health and restoring emotional balance. We develop strength and flexibility, grounded in an awareness of being in the present moment, allowing for the expression of our authentic selves. Experience the freedom to live fully, with an open heart and mind.

Gentle - Learn the principles of safe alignment, breathing suitable for a range of basic postures and attuning to your inner self. For beginners or anyone wanting a more relaxed practice.

Moderate – Basic knowledge of posture and breathing recommended. Learn a fuller range of postures with longer holding times and pranayama for specific benefits.

Vigorous – A more challenging practice. Build endurance, strength and take your practice deeper with vinyasa, backbends, inversions and arm balancing. .

ANUSARA@YOGA– A school of hatha yoga that unifies a life-affirming Tantric philosophy with bio-mechanical principles of alignment and a celebration of the heart.

IYENGAR Focus on alignment to build stability, flexibility and strength in a safe but challenging way. Introduction to pranayama and yogic philosophy and attunement to inner wisdom.

YOUNG ADULTS(16-25) - This class is for beginners or intermediate practitioners looking for a great workout and full relaxation, and interested in exploring the bountiful aspects of yoga with fun, like-minded peers.

SPRING SESSION

April 12 – June 27

Mon	Tues	Wed	Thurs	Fri	* Sat	Sun
	8:45-10:15 Kripalu moderate Joanne R	7:00-8:15 Rise & Shine Yoga all levels Joanne R/G NEW!	8:45-10:15 Kripalu moderate Joanne G	8:45-10:15 Anusara vigorous Barrie	9:00-10:25 Kripalu beg/mod Joanne R	
10:00 – 11:30 am Kripalu gentle/beg Joanne G		10:30-12:00 Kripalu gentle/beg Joanne G	10:30-12:00 Iyengar moderate Mona	10:30-12:00 Kripalu moderate Joanne R	10:35-12:05 Iyengar mod/vig Mona	10:00-11:30 community meditation
	4:15-5:45 Anusara beg/mod Barrie		4:15-5:45 !Hatha débutant/ intermédiaire Annie en français			4:00-5:30 YoungAdults 16-25 beg/mod Tori NEW!
6:00-7:30 Kripalu moderate Joanne R	6:00-7:30 Kripalu gentle/beg Joanne G	6:00-7:30 Iyengar moderate Mona	6:00-7:30 Kripalu moderate Joanne R			
7:45-9:15 Kripalu moderate Joanne G	7:45-9:15 Anusara moderate Barrie		7:45-9:15 Iyengar beg/mod Mona			

*Please note: There are no Saturday classes on May 1 (Suzie Hurley workshop)

SUMMER SESSION 9 wks July 5 – Sept 4 \$135

Special unlimited pass \$220/ \$190 ! same price as 2x week

Monday	Tuesday	Wed	Thurs	Friday	Saturday
		10:30-12:00 Gentle/beg Kripalu	8:45-10:15 Moderate Kripalu	8:45-10:15 vigorous Anusara Barrie	10:00-11:30 Mod/vig Iyengar Mona – July Aug – t.b.a.
6:00-7:30 Moderate Kripalu	6:00-7:45 Gentle/beg Kripalu		6:00 – 7:30 Moderate Kripalu		
	7:45-9:15 Moderate Anusara Barrie		7:45-9:15 Beg/mod Iyengar Mona		

Kripalu classes taught by Joanne G. and Joanne R.

SPRING

11 weeks – \$165
2 x week - \$270
unlimited- \$350

◆ **student rate**
11 weeks - \$140
2 x week - \$230
unlimited - \$300

Ongoing Registration throughout the session

◆ **DROP IN :**
\$18 / \$15 - students

SUMMER FEES

9 weeks - \$135
unlimited - \$220 !
Students - \$115
Unlimited - \$190 !

◆ Private classes \$85
◆ Mat rental - \$2.00
◆ All classes and workshops are non-refundable
◆ Sunday Meditation suggested donation \$5
There will be no meditation May 2, Last meditation June 19. Resumes Sept 18.

Mail your registration to:
2350 Melrose Ave.
Mtl. Qc. H4A 2R8

STUDIO CLOSED June 28 to July 4