

Anjali YOGA

www.anjaliyoga.ca

t: 250 808.YOGA (9642)
2080-B Springfield Rd

SCHEDULE

Starts September 6, 2011

MONDAY

10:00 - 11:00am	Kundalini Yoga
11:15 - 12:30	Classical Ashtanga Yoga
5:15 - 6:45pm	Classical Ashtanga Yoga

TUESDAY

10:30 - 11:45am	Classical Ashtanga Yoga
5:15 - 6:45pm	Classical Ashtanga Yoga
7:00 - 8:30	Mysore

WEDNESDAY

9:45 - 11:00am	Classical Ashtanga Yoga
11:15 - 12:45	Mysore
5:30 - 7:00pm	Classical Ashtanga Yoga
7:15 - 8:30	Ashtanga Foundations*

THURSDAY

11:15 - 12:30	Classical Ashtanga Yoga
5:00 - 6:00pm	Ashtanga Basics*

FRIDAY

9:00 - 11:00am	Mysore
11:15 - 12:30	Classical Ashtanga Yoga
5:15 - 6:30pm	Classical Ashtanga Yoga

SATURDAY

9:15 - 11:15am	Mysore
11:30 - 1:00pm	Classical Ashtanga Yoga

SUNDAY

4:00 - 5:15pm	Classical Ashtanga Yoga <i>Jan 2012 start</i>
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*Registration required. Call for details.

Schedule is subject to change without notice. For schedule changes, holidays & upcoming events please refer to our website or look for postings at the studio.

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YOGA WORKSHOPS

ASHTANGA PRIMARY SERIES

Part 1: Oct. 2 10am-1 \$45+tax

Part 2: Feb. 19 10am-1 \$45+tax

A 2-part series breaking down all the poses in the first level of Ashtanga Yoga. Take it to deepen your yoga, to help your mysore practice, or as a refresher.

THE COMPLETE PRACTICE

Nov. 6 10am-1 \$45+tax

The same bliss-inducing package of yoga, chanting and meditation that you'd get at an ashram in India.

MYSORE INTENSIVE - all levels

Jan. 15 10am-1 \$45+tax

This is the supreme workshop for inspiring your mysore practice. We'll cover the opening & closing chants, and move through the full primary series, spending quality time on finishing poses and final meditation.

ASHTANGA INTERMEDIATE SERIES

Part 1: Jan. 29 10am-1 \$45+tax

Part 2: Apr. 15 10am-1 \$45+tax

Explore the more advanced poses of the second level of Ashtanga Yoga to increase your strength and flexibility in totally new areas of your body.

HOW TO LIVE A YOGIC LIFE

Feb. 5 10am-1 \$45+tax

Pursue the journey of positive growth explained in the ancient yoga texts. You will chart your personality and behavior patterns to reveal the natural strengths you can rely on to bring you more peace and satisfaction.

TWO BUNS AND A SIX PACK

Mar. 4 10am-1 \$45+tax

Tone and strengthen your butt and abs while learning to coordinate them for better overall core stability.

ASHTANGA BASICS SESSIONS

Sep 15 - Oct 20, 2011

Nov 3 - Dec 8, 2011

Jan 12 - Feb 16, 2012

Mar 1 - Apr 5, 2012

\$69+tax for each session of 6 Thursdays