

BreathingSpace

YOGA & AROMATHERAPY

5209 St. Margarets Bay Rd. suite 205 – Redmond Plaza at the Crossroads Upper Tantallon

Summer Weekly Class Schedule

June 25th – September 9th

START TIME	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15AM							RISE n' SHINE VINYASA
9:00	CORE YOGA	VIBRANT VINYASA		VINYASA	PILATES	CORE YOGA	HEATED VINYASA
10:45	11 – 12 pm Intro to Essential Oils July 9 th		10:00AM RELAX & REFRESH	11:00am MOM & BABY YOGA			
3:30PM		1-5pm Summer YogiCamp July 24-28	GENTLE FLOW YOGA				
6:30PM	6:00-7:15 PRENATAL YOGA	5:30-6:30 PILATES	INTRO to YOGA July 6 th		HEATED YIN-YANG YOGA	7 – 9pm Vino & Vino July 7th	
7:00		HEATED VINYASA	8:00pm VINYASA	ESSENTIAL FLOW YOGA			

DROP-IN, all welcome. Filled in GREEN = preregistered program Filled in YELLOW is one time workshop

Classes in Blue lettering are particularly welcoming of beginner participants.

Programs & workshops require pre-registration.



www.BreathingSpaceYogaStudio.ca

820-YOGA

Take time to Breathe today

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Class Descriptions

Core Yoga

Ideal cross-training class for runners/cyclists & those building core strength or wishing to prevent back pain. **Drop-in**

Essential Flow Yoga

Slow your vinyasa yoga practice down and truly link breath, intention & movement. All levels welcome. Drop-in.

Heated Vinyasa Experience exhilaration and stillness in the mind created by harmonizing rhythmic breath and flowing movement. Draw the body & mind into a state of strength, peace, and clarity. Drop-in.

Heated Yin Yang Yoga

Experience energizing flows (yang) and deepening held postures (yin) in comforting warmth (not hot). Drop In

Intro to Yoga

Our fun signature 6-week programs for those brand new to yoga covers the fundamentals: breath, posture (asanas & alignment, modifications, deep relaxation, & meditation). Take a leap and let us help keep you healthy! **\$119 12 wks**

Kids Yogi Camp (ages 5-9 yrs & 10-14)

Gift your child with playful opportunities to explore postures, breath, and experience deep calm through yoga games, art exploration, jewelry design and energetic properties of stones, scavenger hunts on the Trail, baking lessons at the Superstore, Glow in the Dark Yoga, tie dye shirts, healthy snacks at the Farmers Market, gardening and more!

Pilates

These Stott© Pilates class are designed to restore the natural curve of the spine and rebalance the muscles around the joints. Join our inspiring teacher and welcoming participants for a fun yet challenging class. **\$60 + tax for 6 wks.**

Pre-natal Yoga

This 8 wk program introduces the benefits of breath, mental focus, & strength to prep for a healthy delivery & recovery.

Private Yoga, Pilates, Body Rolling sessions available by appt for a personalized approach & support. **\$90 / 1 hr session.**

Relax and Refresh

A Restorative Yoga class using props to cultivate healing of mind & body. Nidra added 1st Tues each month. **Drop-in**

Summer Yogi Camp for Adults - 1:00 to 5:00pm July 24th – 28th

Inspired by all the fun activities in our kids Summer Yogi Program, we're expanding our Summer Yogi program to adults. Join Fran, Ally, and team for a week of fun summer activities to help you connect with your practice, deepen your understanding of Ayurveda (sister science to yoga and holistic health approach), and celebrate this wonderful community and some of our natural assets. We're heading into the Bay for Stand Up Paddle Board, we'll sink into a deep natural science workshops with essential oils, we'll craft a mala with Amanda from Maritime Mala Movement, we'll take a mindful meal prep afternoon with Edie, RD at Superstore, and there's still the just for fun activities like team scavenger hunts, water games, friendship bracelets, and glow in the dark yoga with full body paint optional.

Vibrant Vinyasa

Start your week with this Ayurveda-infused slow flow yoga class. Tap into this ancient wisdom tradition and sister science to yoga welcoming of many levels and adaptations as intended in the sutras. Drop-in.

Vinyasa & Rise n Shine

Experience the exhilaration and harmony that accompany flowing sequences of postures linked together by smooth, rhythmic breaths. Draw the mind into a state of clarity and inner calm. **Drop-in**