



# Mindful Movements Studio

*Yoga · Fitness · Lifestyle*

It's NEVER TOO LATE to Join! - Class Schedule • Sept. 4, 2018 – Jan. 27, 2019 (21 Weeks)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am HOT Yoga Flow 60min ☾	<b>New</b> 6:15am Primal Pace 45min ☾	6:00am <b>FUEL</b> 60min ☾	<b>6:15am</b> <b>Group Training</b> <b>GTS/MOTR</b> 45min ★	6:00am HOT Yoga Flow Ashtanga 60min ☾	<b>New</b> 7:30am Primal Pace 45min ☾	9:00am Yin Yoga 60min ☾
<b>6:15am</b> <b>Group Training</b> <b>GTS/MOTR</b> 45min ★	<b>8:30am</b> <b>Group Training</b> <b>GTS/MOTR</b> 45min ★	<b>New</b> 9:15am Aroma Chakra Yoga 60min ☾	<b>8:30am</b> <b>Group Training</b> <b>GTS/MOTR</b> 45min ★	9:15am Hatha Flow & Meditation 60min ☾	8:30am HOT Yoga Flow Ashtanga 60min ☾	..... <b>Studio</b> <b>Closures</b>
9:15am <b>FUEL</b> 60min ☾	<b>New</b> 9:15am Yin & Restorative Yoga 60min ☾	12:15pm HOT Yoga Flow 40min ✨	9:15am Theraflow Yoga 60min ☾	12:00pm Happy Cycle RealRyder® 30min ✨	8:45am <b>FUEL</b> 60min ☾	Oct. 8/18 Thanksgiving
11:30am TRX Dynamic 45min ★	12:00pm Happy Cycle RealRyder® 30min ✨	4:30pm HOT Yoga Flow Ashtanga 60min ☾	12:00pm Cross Training Camp 40min ✨	12:30pm Yin Yoga 30min ✨	9:45am HOT Hatha Yoga & Meditation 60min ☾	Dec. 24 - 26/18 Christmas Holidays
<b>New</b> 12:15pm <b>Switch It Up</b> <b>Weekly</b> • Ashtanga Yoga • Retro Rock Flow • Primal Pace • Core Yoga 40min ✨	12:30pm Yin Yoga 30min ✨	5:45pm HOT Yoga Flow 60min ☾	12:15pm Theraflow Yoga 40min ✨	<b>New</b> 5:00pm Sweet Flow & Restorative Yoga 60min ☾		Dec. 31/18 New Year's Eve
4:30pm HOT Yoga Flow 60min ☾	<b>12:15pm</b> <b>Group Training</b> <b>GTS Strength</b> <b>Cardio Circuit</b> 45min ★	7:00pm HOT Yoga Flow Ashtanga 60min ☾	<b>New</b> 3:45am <b>Group Training</b> <b>GTS/MOTR</b> 45min ★			Jan. 1/19 New Year's Day .....
<b>5:30pm</b> <b>Group Training</b> <b>GTS/MOTR</b> 45min ★	<b>New</b> 4:30pm Primal Pace 45min ☾		4:30pm <b>FUEL</b> 60min ☾	<p><b>Buy your Pass • Come to Class</b> (No pre-booking necessary)</p> <p><b>Unlimited Sky Pass</b> Get unlimited access to all ☾ classes.</p> <p><b>Unlimited Combo Pass</b> Get unlimited access to all ☾ &amp; ✨ classes.</p> <p><b>Unlimited Lunch Express Pass</b> Get unlimited access to all ✨ classes.</p> <p><b>One Class a Week Pass</b> Get one class a week for ☾ or ✨ classes.</p> <p><b>Group Training Pass</b> Choose ★ (Limited Space)</p> <p>For more information regarding our classes, class descriptions, teachers and pricing visit our website.</p>		
5:45pm HOT Yoga Flow 60min ☾	<b>5:15pm</b> <b>Group Training</b> <b>GTS Strength</b> <b>Cardio Circuit</b> 45min ★		4:30pm Yin Yoga 60min ☾			
7:00pm HOT Hatha Yoga & Meditation 60min ☾	5:30pm Yin Yoga 60min ☾		<b>New</b> 5:45pm <b>Switch It Up</b> <b>Weekly</b> • Sweet Flow & Restorative • Aroma Chakra Yoga • Yin & Restorative • Theraflow Yoga 60min ☾			
<p><b>NEW to Mindful Movements Studio?</b> <b>FREE Trial Class</b> for any class marked with a ☾ or ✨. No pre-booking – Come on in. Drop in classes are welcome too!</p>						





## NEW - SWITCH IT UP Weekly

Introducing our **NEW Yoga Variety Series SWITCH IT UP Weekly!**

Unique Yoga Classes with an interesting twist.

We offer variety in the same time slot each week with different teachers.

Available for both Sky & Lunch Express.

### Ashtanga Yoga

Ashtanga Yoga is a system of Hatha Yoga that involves synchronizing the breath with a challenging series of movements and postures. It is a moving meditation that helps to develop a strong, light body and a quiet, steady mind. Each movement in the Ashtanga Vinyasa System is assigned a breath. As one moves through the vinyasas, a deep heat is created which burns away the impurities of the body, mind and senses.

### NEW ~ Retro Rock Flow

Taking it old school for this yoga class. Amazing music and awesome postures with the perfect balance of strength, flow and letting it go! ROCK ON!!!

### NEW ~ Primal Pace

A fun, upbeat energizing class focused on improving the quality of movement in your body. Learn new ways to move your body as we strengthen, shape and align from head to toes!

### NEW ~ Core Yoga

Connect to your centre and bring balance and strength to your body. Flow towards your best YOU!

### Theraflow Yoga

This class is designed to realign, refocus and tune up your entire body. "Thera" will include therapeutic yoga postures and breathing techniques to calm the nervous system and "Flow" will help you to improve your movement patterns as we move in and out of postures. Enjoy a new and insightful practice with lots of fun props including 3 sizes of therapy balls, the Beam (spinal strip), straps, egg blocks and more. You will feel relaxed, massaged and more aligned after each class! All levels welcome!

### NEW Aroma Chakra Yoga

A beautiful blend of essential oils and postures to align and restore your seven main energy centres (chakras). Enjoy a balanced body and mind after each class!

[mindfulmovements.ca](http://mindfulmovements.ca)

## Our Signature Class

# FUEL

Fitness with our unique & special blend of cycle • cardio • strength • posture • core • mobility • yoga

Unleash your potential for truly functional movement and enjoy the freedom to feel your absolute best.

Energize every cell in your body holistically to balance your energy moving in and out.

Lifestyle tips weekly to help you stay on track.

## Mindful Body Treatments

### Mondays with Kym

Thai Yoga Massage

### Tuesdays with Nicole

Aromatherapy & Bamboo Treatment

### Wednesdays with Julie

Reflexology & Thai Yoga Massage

### Fridays with Michelle

Ayurvedic Foot Treatment

### NEW Weekly Treatment Lineup

**Book Your Choice Today!**

## Studio Etiquette

- Please remove all outdoor footwear.
- Please sign in for each class in the Gathering Area.
- Please remain in Gathering Area until class begins.
- Keep personal items to an absolute minimum in class.
- Please enter the yoga room quietly. No talking please.
- Please refrain from wearing heavy perfumes to class.



Sign Up for Mindful News  
Receive a FREE Class

