




# Mindful Movements Studio

*Yoga · Fitness · Lifestyle*

**Class Schedule • Jan. 28 – June 30, 2019 (22 Weeks) • It's NEVER too late to join!**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am HOT Yoga Flow 60min ☾	6:15am Primal Pace 45min ☾	6:00am <b>FUEL</b> 60min ☾	<b>New 6:15am</b> Yoga Metta & Meditation 45min ☾	6:00am HOT Yoga Flow Ashtanga 60min ☾	7:45am Primal Pace 45min ☾	9:00am Yin Yoga 60min ☾
<b>6:15am</b> Group Training GTS/MOTR 45min ★	<b>9:30am</b> Group Training GTS/MOTR 45min ★	9:30am Yin Yoga 60min ☾	<b>9:30am</b> Group Training GTS/MOTR 45min ★	9:30am Hatha Flow & Meditation 60min ☾	8:30am HOT Yoga Flow Ashtanga 60min ☾	.....  <b>Studio Closures</b>
<b>New 9:30am</b> Pilates Energy Flow 60min ☾	12:00pm <b>Your Choice</b> Happy Cycle RealRyder® &/or Primal Pace 30min ✨	12:15pm HOT Yoga Flow 40min ✨	9:30am Thera Yoga 60min ☾	12:00pm Happy Cycle RealRyder® 30min ✨	8:45am <b>FUEL</b> 60min ☾	Feb. 18/19 Family Day
<b>12:15pm</b> Group Training GTS Strength Cardio Circuit 45min ★	12:30pm Thera Yoga 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 ☾	Apr. 19/19 Good Friday
12:15pm Core Yoga 40min ✨	4:30pm Primal Pace 45min ☾	5:45pm HOT Yoga Flow 60min ☾	<b>New 12:15pm</b> Yoga Metta & Meditation 40min ✨	5:00pm Sweet Flow & Restorative Yoga 60min ☾		Apr. 21/19 Easter Sunday
4:30pm HOT Yoga Flow 60min ☾	<b>New Time</b> 5:30pm Cross Training Camp 45min ☾	7:00pm HOT Yoga Flow Ashtanga 60min ☾	4:30pm <b>FUEL</b> 60min ☾			May 20/19 Victoria Day .....
<b>5:30pm</b> Group Training GTS/MOTR 45min ★	5:30pm Yin Yoga 60min ☾		4:30pm Yin Yoga 60min ☾			
5:45pm HOT Yoga Flow 60min ☾			<b>New 5:45pm</b> Pilates Energy Flow 60min ☾ .....			
7:00pm HOT Hatha Yoga & Meditation 60min ☾						
 Enjoy a refreshing lemongrass cold cloth after ALL our HOT Yoga Classes.				<b>Buy your Pass • Come to Class</b> (No pre-booking necessary)		
				<b>Unlimited Sky Pass</b> Get unlimited access to all ☾ classes.		
				<b>Unlimited Combo Pass</b> Get unlimited access to all ☾ & ✨ classes.		
				<b>Unlimited Lunch Express Pass</b> Get unlimited access to all ✨ classes.		
				<b>One Class a Week Pass</b> Get one class a week for ☾ or ✨ classes.		
				<b>Group Training Pass</b> Choose ★ (Limited Space)		
				<b>Military Special Available ✨</b>		
				For more info regarding our classes, class descriptions, teachers and pricing visit our website.		
<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!						





## Something NEW for 2019

### NEW ~ Pilates Energy Flow

This refreshing class will have you moving your body with freedom and flow. Develop longer leaner muscles while improving overall strength and mobility. Increase energy flow through your body through classical Pilates movements along with our unique Mindful Movements' flows. Conclude this class with restoration, relaxation and muscle release on the beam (spine strip). The perfect finish to this movement class. A must try for 2019!

### NEW ~ Yoga Metta & Meditation

A beautiful blend of yoga postures with Metta (kindness & love). Dive deeper into your personal practice with yoga philosophy and explore a variety of meditation styles weekly. This is a great opportunity to practice your yoga on and off your mat.

### NEW Time ~ Cross Training Camp

A motivating and energizing full body class that will improve your cardio, strength and core. A lovely de-stress yoga will conclude this class.

## Cleanse from the inside out with our Infrared Sauna



### Benefits of Infrared Sauna Treatments

- Removes Toxins and Mineral Waste
- Relieves Pain
- Eases Joint Pain & Stiffness
- Improves the Immune System
- Increases Blood Circulation
- Strengthens the Cardiovascular System
- Burns Calories and Controls Weight
- Relief from Mild Depression (SAD)

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

## Our Signature Class

# FUEL

**F**itness with our unique & special blend of cycle • cardio • strength • posture • core • mobility • yoga

**U**nleash your potential for truly functional movement and enjoy the freedom to feel your absolute best.

**E**nergize every cell in your body holistically to balance your energy moving in and out.

**L**ifestyle tips weekly to help you stay on track.

## Our Mindful Partners

Amber Lynn Irwin, RMT & Jennifer St. Marseille, RMT  
Registered Massage Therapy

Erin Bellis • Homeopathy

Carly Cawker • Esthetics & Spa

Katherine Morton • Bowen Therapy

Nicole Roy • Aromatherapy

Kym Riley • Thai Yoga Massage

## 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

