



Mindful Movements Studio

Yoga · Fitness · Lifestyle

Class Schedule • Sept. 3, 2019 - Feb. 2, 2020 (22 Weeks) • It's NEVER too late to join us!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>New 6:00am HOT Yoga Power + Peace Flow 60min ☾ (Robyn)</p> <p>9:30am Pilates Energy Flow 60min ☾ (Kym)</p> <p>New 12:15pm Yoga Power + Peace Flow 40min ✨ (Lisa)</p> <p>12:15pm Group Training GTS Strength Cardio Circuit 45min ★ (Kym)</p> <p>3:45pm Group Training GTS/TRX Strength 45min ★ (Mike)</p> <p>New 4:30pm HOT Yoga Power + Peace Flow 60min ☾ (Robyn)</p> <p>New Time 4:45pm Thera Yoga 60min ☾ (Lisa)</p> <p>5:45pm HOT Yoga Ashtanga 60min ☾ (Robyn)</p> <p>7:00pm HOT Hatha Yoga + Meditation 60min ☾ (Robyn)</p>	<p>New 6:15am Group Training Infrared Movement Medley 45min ★ (Kym)</p> <p>New 9:30am Therapeutic GTS Movement + Strength 45min ★ (Kym/Nicole)</p> <p>12:00pm Happy Cycle RealRyder® 30min ✨ (Nicole)</p> <p>12:00pm Pilates Energy Flow 30min ✨ (Kym)</p> <p>12:30pm Thera Yoga 30min ✨ (Nicole)</p> <p>New 4:00pm Group Training SUPER SET 45min ★ (Kym)</p> <p>4:45pm Mindful Mixer 45min ☾ (Nicole)</p> <p>5:30pm Yin Yoga 60min ☾ (Robyn)</p>	<p>6:00am Mindful Mixer 60min ☾ (Kym)</p> <p>9:30am Yin Yoga 60min ☾ (Michelle)</p> <p>New 12:00pm HOT Yoga Chakra Flow 40min ✨ (Michelle)</p> <p>New 4:30pm HOT Yoga Chakra Flow 60min ☾ (Kym/Michelle)</p> <p>New 4:45pm Yoga Stretch + Unwind 60min ☾ (Lisa)</p> <p>New 5:45pm HOT Yoga Chakra Flow 60min ☾ (Kym/Michelle)</p> <p>7:00pm HOT Yoga Ashtanga 60min ☾ (Eric)</p>	<p>6:15am Group Training GTS/MOTR Strength 45min ★ (Michelle)</p> <p>9:30am Thera Yoga 60min ☾ (Kym)</p> <p>12:00pm Cross Training Camp 30min ✨ (Kym)</p> <p>12:30pm Hatha Yoga + Meditation 30min ✨ (Kym)</p> <p>New 12:15pm Group Training GTS Precision Pilates 45min ★ (Nicole)</p> <p>4:30pm Yin Yoga 60min ☾ (Michelle)</p> <p>5:30pm Cross Training Camp 60min ☾ (Angela)</p>	<p>New 6:00am HOT Yoga Warrior Flow 60min ☾ (Kym)</p> <p>9:30am Sweet Flow + Restorative Yoga 60min ☾ (Michelle)</p> <p>12:00pm Happy Cycle RealRyder® 30min ✨ (Nicole)</p> <p>12:30pm Yin Yoga 30min ✨ (Lisa)</p> <p>New 12:15pm Group Training Infrared Movement Medley 45min ★ (Michelle)</p> <p>New 4:15pm Group Training Infrared Movement Medley 45min ★ (Michelle)</p> <p>5:00pm Sweet Flow + Restorative Yoga 60min ☾ (Eric)</p>	<p>New 8:30am HOT Yoga Warrior Flow 60min ☾ (Rotation)</p> <p>8:45am FUEL 60min ☾ (Nicole)</p> <p>9:45am HOT Hatha Yoga + Meditation 60min ☾ (Rotation)</p>	<p>9:00am Yin Yoga 60min ☾ (Rotation)</p> <div style="border: 1px solid black; padding: 5px; text-align: center;">  <p>Enjoy a refreshing lemongrass cold cloth after ALL our HOT Yoga Classes.</p> </div>
					<p>Buy your Pass • Come to Class (No pre-booking necessary)</p> <p>Unlimited Sky Pass Get unlimited access to ALL ☾ classes.</p> <p>Unlimited Combo Pass Get unlimited access to ALL ☾ + ✨ classes.</p> <p>Unlimited Lunch Express Pass Get unlimited access to ALL ✨ classes.</p> <p>One Class a Week Pass Get one class a week for ☾ or ✨ classes.</p> <p>Military Special Available ✨</p> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; text-align: center;"> <p>Group Training Sessions Choose ★ (Limited Space) Must be prebooked</p> </div> <p>For more info regarding our classes, class descriptions, teachers or pricing visit our website.</p>	
					<p>New to Mindful Movements?</p> <p>We would love to meet you and tour you through the studio. A free consultation will guide you to choose the best classes or program for you.</p> <p>Interested? email: kym@mindfulmovements.ca</p>	
					<p>Studio Closures</p> <p>Oct. 14/19 Thanksgiving Dec. 24 - 26/19 Christmas Holidays Dec. 31/19 New Year's Eve Jan. 1/20 New Year's Day</p>	





NEW FOR YOU - Classes + Group Training Sessions

Yoga Stretch + Unwind

Experience a new sense of tranquility and well-being while you “stretch & unwind” to gentle instruction. This class is designed to relieve stress and tension through yoga postures, breath and meditation. This class is excellent for those who prefer a less vigorous class and for those experiencing injury, stress or chronic pain. This class is for all levels.

Hot Yoga Warrior Flow

This vinyasa “Flow” class is designed to bring forth a unique experience filled with movement, strength, grace and clarity. Bring forth your inner warrior as you connect the body and mind creating positive results that will carry over into your everyday life.

Group Training SUPER SET

Experience a new “Set” of super strength building, energizing experiences each week, TRX, GTS, Infrared Movement Medley and more. A great chance to try everything that Group Training has to offer.

Group Training GTS Precision Pilates

A total tone workout to strengthen and lengthen, from head to toe. Experience amazing, classical Pilates movements on our super versatile GTS machine. A must try!

Therapeutic GTS Movement + Strength

Using a fantastic free motion piece of equipment you will move better, develop strength and feel your best. This training is based upon the approach of improving movement first, strength second and flexibility third. A great start for a beginner, anyone working with injuries or those looking to fine tune their movement and strength.

Hot Yoga Power + Peace Flow (also available without the heat)

A vinyasa “Flow” of dynamic strength building postures followed closely by - postures that enhance flexibility and create a sense of calm. Deepen your inner power, expand your breathing and peace out! Spread the LOVE.

Hot Yoga Chakra Flow

An energizing, balancing vinyasa “Flow” that will move your body from grounding Root chakra postures “Muladhara” all the way through the seven primary Chakras , finishing with crown Chakra “Sahasrara”. A beautiful Savasana (relaxation) will conclude this class.

Group Training Infrared Movement Medley

This innovative training combines the heat healing properties of infrared with Strength Training, Pilates, Cardio, Core and Yoga. Our uniquely designed “green” room infused with Do-terra essential oils will energize you through the workout and calm you through the Yoga. Looking for a body mind transformation? This is it!



PLUS... All the Studio Favourites you know & love! Visit mindfulmovements.ca for more class definitions.

HOT Hatha Yoga + Meditation • Pilates Energy Flow • Group Training GTS Strength Cardio Circuit • Thera Yoga • FUEL

Group Training GTS/MOTR Strength • Sweet Flow + Restorative Yoga • Group Training GTS/TRX Strength

Happy Cycle RealRyder® • HOT Yoga Ashtanga • Mindful Mixer • Yin Yoga • Cross Training Camp

Mindful Workshops ~ Coming Soon!

Visit our website to learn more...

Curvy Yoga • Parent and Kids Yoga Night • Trauma Yoga
Meditation Series • Hot Stone Restorative • Yoga Taster
and More...

New Program **SOARING YOGI**

We are excited to introduce this program where we will be supported by a yogi sling. This yogi sling will help both support the body and also encourage more movement and expansion of the body.

Our First Workshop : Restorative Swing! A workshop not to miss for all levels of yogi. Date to be announced soon.



New to Mindful Movements?

We would love to meet you and tour you through the studio. A free consultation will guide you to choose the best classes or program for you. Email Kym@mindfulmovements.ca
Drop-ins are always welcome (if space allows in each class, cash only please). Adult: \$20 • Student: \$5 • Military \$12.

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.