

## Cool Fall Deals...

Fall Yoga Schedule 2010 (Sept 7 – Dec 23)



### Fall Unlimited Pass

(see schedule on the back page)

\*excludes Specialty Classes  
\* while quantities last

# \$299

+ tax

**REGULAR PRICE \$350!**

Save 15% off the regular price  
of an Unlimited Fall Pass when purchased before Sept 6<sup>th</sup>

### Specialty Classes Offered This Fall

(see complete schedule on the back of this page)

<b>Prenatal Yoga</b>	5:45-7:15pm, Thursdays Sept 9 – Dec 23 ( 16 weeks) \$192 + tax	Whether you're pregnant or planning to be, this is an excellent way to have a conscious pregnancy and create a cozy home for your baby! <i>Appropriate for any trimester</i>
<b>Baby &amp; Me Yoga</b>	11:30am – 12:45pm, Thursdays Sept 9 – Dec 23 ( 16 weeks) \$192 + tax	Bring your baby to class and learn yoga postures to tone and strengthen the post-partum mom in a supportive and baby-friendly environment! <i>Ages 6 weeks to crawling (~10 months)</i>
<b>Family Yoga</b>	4:00 - 5:00pm, Sundays Sept 12 – Dec 19 (no class Oct 10) \$140/person + tax (14 weeks)	Explore, play, stretch and bond with yoga! This class allows your family to participate in an energizing activity together! <i>Open to children 6-12 yrs old with an adult</i>
<b>Parent &amp; Child</b>	11:30am – 12:30pm, Mondays Sept 13 – Dec 20 (no class Oct 11) \$168 + tax (includes 1adult, 1 child) (14 weeks)	Develop motor skills, coordination, balance and burn some energy! Taught using creative stories and interactive games. <i>Open to children 3-6 yrs old with an adult</i>
<b>Kid's Yoga (6–9 yrs)</b>	4:15 – 5:15pm, Mondays Sept 13 – Dec 20 (no class Oct 11) \$168 + tax (14 weeks)	Develop motor skills, coordination, body awareness and strength. The classes are structured to include; poses, breathing, and meditation. <i>Open to children 6-9 yrs old</i>
<b>Kid's Yoga (10-12yrs)</b>	4:15 – 5:15pm, Tuesdays Sept 7 – Dec 21 (16 weeks) \$192 + tax	Develop focus, flexibility, coordination, mind-body awareness and strength. The classes are structured to include; poses, breathing, and meditation. <i>Open to children 10-12 yrs old</i>
<b>Teen Yoga</b>	4:15 – 5:15pm, Wednesdays Sept 8 – Dec 22 (16 weeks) \$192 + tax	Emphasis on focus, posture, flexibility, mind-body awareness, and strength. Promote confidence, positive body image and stress management through yoga! <i>Open to teens 13-18 yrs old</i>

**Register by Sept 1<sup>st</sup>**

**and save \$10 off the fee!**

Space is limited so reserve your spot today...

**Online: [www.YogaAndTea.com](http://www.YogaAndTea.com)**

**By phone: 613-304-6320**

**211 Donald B. Munro Drive, Carp**

**Open 9-5pm Saturdays to serve you!**

# YOGA & TEA

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211 Donald B. Munro Drive, Carp (Ottawa), Ontario, K0A 1L0 613-304-6320 www.yogaandtea.com

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><b>FALL SCHEDULE</b></p> <p>Sept 7 – Dec 23 2010</p> <p>No classes on Monday, Oct 11</p> <p>Visit our website for class descriptions</p>						5:00-7:00am <b>Rise &amp; Shine</b> Free Sadhana 1 <sup>st</sup> Fri of month		
	9:30-11:00am <b>Hatha (all level)</b> Beth	9:30-11:00am <b>Hatha (beginner)</b> Catherine	9:30-11:00am <b>Gentle Hatha</b> Kimberly	9:30-11:00am <b>Yin Yoga</b> Louise	9:30-11:00am <b>Kundalini</b> Mary	9:30-11:00am <b>Hatha (all level)</b> Louise	9:30 – 11:00am <b>Yin Yoga</b> Louise	
		11:30-12:30pm <b>Parent &amp; Child (3-5yrs)</b> Catherine				11:30-12:45pm <b>Baby &amp; Me</b> Nina		
			1:00-2:30pm <b>Yin Yoga</b> Stacey	1:00-2:30pm <b>Hatha (all level)</b> Louise	1:00-2:30pm <b>Neck, Shoulders &amp; Hips</b> Kimberly			
		4:00-5:00pm <b>Family Yoga (6-12yrs)</b> Catherine	4:15-5:15pm <b>Kid's Yoga (6-9yrs)</b> Catherine	4:15-5:15pm <b>Kid's Yoga (10-12yrs)</b> Catherine	4:15-5:15pm <b>Teen Yoga</b> Catherine	4:00-5:30pm <b>Hatha (beginner)</b> Catherine	4:30-6:00pm <b>Hatha (all level)</b> Stacey	4:00 – 5:15pm <b>Pilates</b> Vanessa
			5:45-7:15pm <b>Hatha (beginner)</b> Beth	5:45-7:15pm <b>Yoga for Touchy Backs</b> Louise	5:45-7:15pm <b>Kundalini</b> Mary	5:45-7:15pm <b>Pre-natal Yoga</b> Nina		
			7:30-9:00pm <b>Hatha (all level)</b> Louise	7:30-9:00pm <b>Hatha (beginner)</b> Kimberly	7:30-9:00pm <b>Power Yoga</b> Su	7:30-9:00pm <b>Kundalini</b> Nina	7:30-8:45pm <b>Nia Night Out!</b> Nina	

## \$299

### Fall Unlimited Pass

\*excludes Specialty classes

\*while quantities last

+ tax

**PURCHASE BEFORE SEPT 6 AND SAVE 15% OFF REGULAR PRICE \$350**

 **Yellow** timeslots indicate Specialty Classes requiring registration

**White** timeslots indicate use of the Fall Unlimited Pass, Flexible Class Pass, or by paying the drop-in fee.

Visit [www.YogaAndTea.com](http://www.YogaAndTea.com) for additional pricing options and refund policy