

Winter Specialty Yoga Classes

Register by Dec 31 and
Save 15% off the regular fee!
See class descriptions online

Yoga for Beginners (Hatha Fundamentals)

option A: 9:30-11am, Mon (Jan 9 - March 26)

\$143 + HST (no class Feb 20)

option B: 7:30-9pm, Tues (Jan 10 - March 27)

\$156 + HST

Suitable for all fitness levels

Yoga for Women's Health (Kundalini Yoga)

9:30-11am, Thurs (Jan 12 - March 29)

\$156 + HST

Suitable for all fitness levels

Zumba

11:30-12:45pm, Tues (Jan 17 - March 27)

\$143 + HST

Suitable for all fitness levels

Prenatal Yoga

5:45-7:15pm, Thursdays (Jan 12 - March 29)

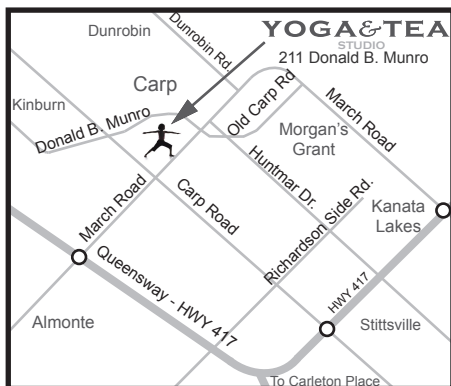
\$156 + HST, Suitable for any trimester

Baby & Me (Postnatal) Yoga

11:30-12:45pm, Thursdays (Jan 12 - March 29)

\$156 + HST, 6 weeks to 10 months old

**10 acres of rural zen just minutes
from Kanata, Stittsville & Almonte!**



**2010 & 2011 Kanata Chamber of Commerce
"Health & Wellness Business of the Year"**

Yoga Teacher Training 2012

Take it for personal and/or career growth!
Register with \$500+HST deposit by Dec 31

1 weekend per month from Jan-June

+

1 week retreat in July

= new you!



see complete details online

Free Info Session 2-4pm Dec 18

Flexible Class Passes

Save 15% off the regular price until Dec 31
on 5, 10, 20 & Winter Unlimited Passes

Get flexible with our Flexible Class Passes!

Attend any Flex Class on the schedule
according to your own schedule!

Enjoy the variety of yoga styles and teachers

Attend as frequently as you can,
once a week or multiple times a week!

Need to travel? Something come up? That's okay!

Based on your pass size,
it's good for 3, 6 or 12 months!

Classes & Duration	Cost Per Class	Regular Price
1 drop-in	\$14.16	\$14.16 + HST
5 (3 months)	\$13.00	\$65 + HST
10 (6 months)	\$12.00	\$120 + HST
20 (1 year)	\$11.00	\$220 + HST
50 (1 year)	\$9.50	\$475 + HST
150 (1 year)	\$8.50	\$1275 + HST
monthly unlimited (30 days)	All Flex classes	\$125 + HST
winter unlimited (Jan 2 - March 31)	All Flex classes	\$350 + HST

Passes are activated at the time of purchase and
valid for the duration as shown above.

Refund Policy: There are no refunds, exchanges or
transfers of passes for any reason.

Winter 2012 Schedule

January 2 - March 31



**SAVE 15% OFF CLASSES!
until Dec 31**



Someone stressed on your list?

Give the Gift of Health!

Gift Certificates & other great gift ideas

We're OPEN!

9-5pm everyday until Dec 23!

- and -

Shop online - 24hrs/ 7 days a week!

Look inside for the
"Top 10 Reasons to do Yoga"!

Over 20 classes a week
for all ages, shapes, sizes & life-stages!

YOGA & TEA
S · T · U · D · I · O

211 Donald B. Munro Drive, Carp

613-304-6320

www.yogaandtea.com

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WINTER SCHEDULE

Jan 2 – March 31
2012

No classes on
Monday, Feb 20

Visit our website
for the most recent
schedule and class
descriptions
www.yogaandtea.com

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
							8:00-9:15am Hatha Flow Tracy
	9:30-11:00am Hatha (all level) Maristela	9:30-11:00am Hatha Fundamentals Louise	9:30-11:00am Gentle Hatha Kimberly	9:30-11:00am Yin Yoga Louise	9:30-11:00am Kundalini for Women's Health Nina	9:30-11:00am Hatha (all level) Louise	9:30-11:00am Yin Yoga Kymberli K
			11:30-12:45pm Zumba <i>*starts Jan 17</i> Ana		11:30-12:45pm Baby & Me Nina		
		1:00-2:30pm Hatha (all level) Kimberly	1:00-2:30pm Yin Yoga Stacey	1:00-2:30pm Hatha (all level) Su	1:00-2:30pm Gentle / Restorative Kimberly	1:00-2:15pm Pilates Vanessa	
						4:30-6:00pm Hatha (all level) Stacey	
	Special Event see website	5:45-7:15pm Hatha Flow Tracy	5:45-7:15pm Yin Yoga Louise	5:45-7:15pm Kundalini Mary	5:45-7:15pm Pre-natal Yoga Nina	Special Event see website	Special Event see website
		7:30-9:00pm Hatha (all level) Louise	7:30-9:00pm Hatha Fundamentals Vanessa	7:30-9:00pm Hot Yoga Su	7:30-9:00pm Kundalini Nina		

Top 10 Reasons to do Yoga

1. Stress Relief
2. Pain Relief
3. Better Breathing
4. Flexibility
5. Increased Strength
6. Weight Management
7. Improved Circulation
8. Cardiovascular Conditioning
9. Better Body Alignment
10. Focus on the Present

■ **Shaded** timeslots indicate Specialty Classes requiring registration

□ **White** timeslots indicate Flex Classes and the use of any of the Flexible Class Passes, or by paying the drop-in fee.

New to yoga? Start with Hatha Fundamentals or try out any of the above except Hot Yoga and Hatha Flow

Done yoga before? You'll enjoy any of the classes shown above!