

All classes open to pass holders and drop-ins as well as pre-registered except Beg 101 Yoga & Belly Dancing

LEVEL ONE & ALL LEVELS

Beginner 101 Yoga (Progressive Foundations)

This series provides a solid foundation in the essential yoga poses. Each session builds on the previous week's class, allowing you to absorb and apply what you've learned. Take a close look at the most commonly practiced poses and learn how to modify them for your ability or body type. **If you have injuries this progressive class is not for you. Please try our Slow Flow Yoga Classes.**

Pre-registered Session. No drop-ins or pass holders. 1hr 15min classes

• **Tuesdays 7:30pm Jan 13 to Feb 24 7wks \$99+gst *****

Slow Flow Yoga - ALL LEVELS gentle movement

Open to passholders, drop-ins as well as pre-registered.

Explore the asanas (yoga postures) from the inside out, using the breath to integrate your natural energies, releasing tension, building strength and integrating body and mind.

The selected postures conclude with a ten minute savasana (relaxation pose) that allows you to let go of tension and mind chatter. **Great for beginners**, or for those wanting to bring gentle movement into their bodies. There are usually no Sun Salutations in this class. ALL LEVELS 1hr 15min classes

Slow Flow Energy Yoga (Thurs 9:30am) revitalize your spirit with movements to increase vitality. ALL LEVELS 1hr 15min classes

• **Monday 7:00pm Jan 4 to Feb 22 8wks \$110+gst**
 • **Tuesday 11:00am Jan 5 to Feb 23 8wks \$110+gst**
 • **Thursday 9:30am Jan 7 to Feb 25 8wks \$110+gst**
 • **Thursday 6:00pm Jan 7 to Feb 25 8wks \$110+gst**

Yoga Conditioning - ALL LEVELS

Open to passholders, drop-ins as well as pre-registered.

For the first half of the class we will focus on intensive strengthening of the arms, legs, core and back, using yoga poses. Modifications will be given for different abilities. The second half of the class we will gently stretch out the muscles to create healthy, toned, lean muscles. (Mon. 7am class if you have to leave early for work that is fine). This class will incorporate some of the Vijnana Tensegrity Series and **may not be appropriate for anybody suffering with injuries.** 1hr 15min classes (Mon 7am - 1 hour class)

• **Monday 7:00am Jan 4 to Feb 22 8wks \$110+gst**
 • **Tuesday 5:30pm Jan 5 to Feb 23 8wks \$110+gst**
 • **Friday 9:30am Jan 8 to Feb 26 8wks \$110+gst**

KEEPING IN TOUCH

Follow us on **facebook, twitter, YouTube** and our **Blog** to get up-to-date news and announcements.
www.openspaceyoga.com/social.htm



youtube.com/user/osyoga
 facebook.com/openspaceyoga
 twitter.com/openspaceyoga
 openspaceyoga.com/blog

Men's Yoga - ALL LEVELS

Open to passholders, drop-ins as well as pre-registered.

This all-level yoga class is designed for most guys needs. We will focus on releasing tight hamstrings and hips as well as stabilizing our core to reduce back pain and will complete our class with a relaxation session. Taught by Michael who has an understanding of what his body needs to feel free.

• **Tuesdays 7:00pm Jan 5 to Feb 23 8wks \$110+gst**

LEVEL TWO

Hatha Flow Yoga - Intermediate

Open to passholders, drop-ins as well as pre-registered.

Designed for students with experience in basic poses. Hatha Flow Yoga has an energetic yet comfortable flow as we move through sequences that build confidence of alignment in essential yoga poses. After gently awakening the body with Sun Salutations we progress to flowing sequences investigating the connection between breath, movement and mind.

1hr 15min classes

• **Monday 5:30pm Jan 4 to Feb 22 8wks \$110+gst**
 • **Wednesday 9:30am Jan 6 to Feb 24 8wks \$110+gst**
 • **Wednesday 6:00pm Jan 6 to Feb 24 8wks \$110+gst**
 • **Saturday 9:00am Jan 9 to Feb 27 8wks \$110+gst**
 Note: Saturday classes are 1.5 hours with extended meditation

NEW: Sunday Power Flow Yoga

Open to passholders, drop-ins as well as pre-registered.

Power Flow is a challenging, high-energy flowing practice that produces extraordinary results. Focusing on cardio, strength and flexibility while moving mindfully to upbeat music. This class will leave you feeling open and energised! 1hr 15 min classes

• **Sundays 10:00am Jan 10 to Feb 28 8wks \$110+gst**



JANUARY / FEBRUARY 2010

JANUARY 4TH TO FEBRUARY 28

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am - 8:00am Yoga Conditioning All Levels Michael		9:30am - 10:30am Hatha Flow Yoga Level 2 Maureen	9:30am - 10:30am Slow Flow Energy Yoga Beginners & All Levels Wendy	9:30am - 10:30am Yoga Conditioning All Levels Lindsay	9:00am - 10:30am Hatha Flow Yoga Level 2 Michael <small>30 minutes of extended meditation</small>	10:00am - 11:15am PowerFlow Yoga Level 2 Chantal NEW
9:30am - 10:30am Pilates for Back Care / Beginner All Levels Janine	11:00am - 12:15pm Slow Flow Yoga All Levels Michael				10:45am - 11:45am Beginner/Intermediate Mat Pilates All Levels Janine	Three Ways to Attend Classes 1 Register into Classes Reserve your space in a class for \$13.75 per class 2 Drop-In to a Class No drop-in for Beg 101 Yoga & Belly Dancing. Check web for space availability. 3 Purchase a Flex-Pass Available for all classes except Beg 101 Yoga & Belly Dancing. See rates page for prices.
3:45pm - 4:45pm Kid's Yoga (ages 5-7) Wendy NEW	3:45pm - 4:45pm Kid's Yoga (ages 8-11) Wendy					
5:30pm - 6:45pm Hatha Flow Yoga Level 2 Kristina	5:30pm - 6:45pm Yoga Conditioning All Levels Michael	6:00pm - 7:15pm Hatha Flow Yoga Level 2 Michael	6:00pm - 7:15pm Slow Flow Yoga All Levels Michael	NEW ONE YEAR UNLIMITED OSY MEMBERSHIP PASS These annual discounted passes will only be sold once a year for January to December 2010. One time, up-front fee of \$1,100 +gst (Avoid the HST tax in July!) or \$110+gst (hst) per month Pay in post-dated cheques or monthly payments on your credit card. BONUS 10% off OSY Staff Workshops FULL DETAILS ONLINE OR CALL US. PASS OFFER EXPIRES ON JAN 3RD.10		
7:00pm - 8:15pm Slow Flow Yoga All Levels Maureen	7:00pm - 8:15pm Men's Yoga All Levels Michael	7:30pm - 8:45pm Beginner 101 Yoga *** Michael	7:30pm - 8:30pm Belly Dancing *** Fanny			

MAT PILATES

Pilates for Back Care / Beginner - All Levels

Open to passholders, drop-ins as well as pre-registered.

If you are worried about taking part in a fitness class because of back pain then think again, back pain is one of the most common ailments plaguing adults today. Take back your quality of life by strengthening core muscles around the spine, shoulders and abdomen. This class is a great way to improve flexibility, mobility and functional fitness. This class is also suitable for anyone who is new to Pilates and would like to learn the basic principals. 1 hour class

• **Monday 9:30am Jan 4 to Feb 22 8wks \$110+gst**

*** Means Pre-registered session only. No pass holders or drop-ins.

All classes require 8 registered participants to run. CHECK WEBSITE OR BLOG FOR CLASS CANCELLATIONS & SPACE AVAILABILITY

Beginner/Intermediate Mat Pilates (All Levels)

Open to passholders, drop-ins as well as pre-registered.

Class designed for those who are new or at an intermediate level. Basic principals will be taught to improve core stability, posture, strength, balance, coordination and flexibility along with relieving stress and tension. A good compliment to Yoga.

• **Saturday 10:45am Jan 9 to Feb 27 8wks \$110+gst**

YOGA FOR KIDS

The children's yoga practice will emphasize the non-competitive nature of yoga, self-appreciation, awareness and discovery. In a safe, playful environment we will explore postures, movement and stillness, laughter and quiet, and the marvel of breath. *1 hour class*



Eligible for Childrens fitness tax credit.

AGES 5-7 **NEW**

•Mon 3:45pm Jan 11 to April 12 12wks \$120+gst

No classes during Spring Break on Mon March 8th & 15th

AGES 8-11

•Tues 3:45pm Jan 12 to April 13 12wks \$120+gst

No classes during Spring Break on Tues March 9th & 16th

Drop-In Space Available \$12 • First Visit \$10

BELLY DANCING

Benefits of belly-dancing:

- Improved abdominal tone and strength
- Improved circulation / especially of the internal organs
- Strengthening the pelvic & gluteal muscles
- Prevention of lower back problems
- Improved posture
- Improved hip flexibility
- Enhanced flexibility and suppleness
- Relieves stress and lots of FUN



•Thurs 7:30pm Jan 7 to Feb 25 8wks \$110+gst

PROMOTIONS:

8 WEEK UNLIMITED YOGA PASS \$250+gst
(save \$40) Can be used for all Yoga and Pilates Classes.
Cannot be used for Beginner 101 Yoga or Belly Dancing.

REGISTER INTO 2 CLASS SAVE 10%

REGISTER INTO 3 CLASS SAVE 15%

1 YEAR UNLIMITED YOGA PASS \$1100+gst
(Save \$500!) Can be used for all Yoga and Pilates Classes.
Cannot be used for Beginner 101 Yoga or Belly Dancing.

PROMOTIONS EXPIRE ON JANUARY 3RD, 2010

Registration Policies

- We do not offer class refunds under any circumstances. If you have a serious medical condition with a doctors note, we will offer you a credit. Credits are valid for 6 months after notifying OSY.
- It is the student's responsibility to notify the studio at the time of injury or illness. A statement of injury or illness must be documented in writing by a physician before a credit will be issued, at the discretion of Open Space Yoga. Sorry we do not back-date credits.
- A \$10 administration fee will be charged for processing credits.
- If a registered session has begun you may register at a pro-rated fee, space provided - please contact us.
- If you miss a registered class, as a courtesy we allow you to make-up TWO classes in the SAME LEVEL within the same registered term, space provided. Priority space is always given to registered students, pass holders and drop-ins. If there is room left over you are welcome to attend that class. **Please do not call or email regarding make-up classes** as we do not know if there is room for you until 2 minutes prior to class start time.
- If you are going to miss a class, you do not need to notify us unless it is for medical reasons.
- GST applies to all advertised class prices.
- Class participation subject to space availability.
- Class schedule & instructors subject to change without notice.

Pass Holder Policies

- 10 Class Punch Passes expire after 4 Months, no exceptions (except for medical issues with a Doctors note, see above).
- Classes & Passes non-transferable, non-refundable and must be activated 1 month from purchase date. One pass per student.
- Passes can be used for all yoga and pilates classes except Beginner 101 Yoga or Belly Dancing.

Studio Etiquette

- Our front door always locks at class time. You will need to give yourself enough time to find parking, get your props ready for class and settle in.
- You will need your own yoga mat. We do have mats for purchase
 - Remove shoes before entering studio space
 - Turn off all cell phones/pagers prior to start of class
 - Do not wear perfume or cologne to class, some people are allergic and the scent intensifies as we become heated.
 - Dress the part, wear comfortable, stretchy clothing and remove socks
 - Please put your props back tidily in the shelves after use.
 - Do not overexert or overextend. Do not do anything that does not feel right or safe. Always stay within your comfort zone and never to the point of pain
 - Be good to your digestive system, best not to eat 1.5 hours before class
 - If you have any injuries, medical concerns or conditions that may be affected by your yoga practice or that may require special consideration, please let your instructor know before your class.
 - If you have a cold, flu or anything else contagious please do not come to class out of respect to other participants & instructors, If you let us know right away we will offer you one class credit. We do not back-date credits.

RATES

For secure online registration and class payments go to www.OpenSpaceYoga.com

REGISTERED SESSIONS

Yoga, Pilates, Belly Dancing	8 weeks	\$110+gst
Beginner 101 Yoga	7 weeks	\$99
Kid's Yoga	12 weeks	\$120+gst / \$12 Drop-in

YOGA/PILATES PASSES

Can be used for all Yoga and Pilates Classes. Cannot be used for Beginner 101 Yoga or Belly Dancing.

10 Punch Yoga / Pilates Flexi-Pass \$155.00+gst
Valid for 4 months from first punch use. Must be activated one month from purchase date.

1 Month Unlimited Pass \$145.00+gst

DROP-IN (includes gst)

Drop-in available for all classes except Beginner 101 Yoga and Belly Dancing. Please check web schedule to see if a class has space for drop-in.

First class ever	\$10.00
Drop-In	\$17.00
Kid's Yoga Drop-In	\$12.00

PRIVATE/GROUP CLASSES & PARTIES

Yoga, Pilates, Belly Dancing, Sports Groups. Full details at www.OpenSpaceYoga.com

Private Instruction \$80.00hr +gst

Private Group Classes & Parties
Up to 60 minutes (2-10 people) \$130.00 +gst
over 10 people add \$20 per person
Up to 90 minutes (2-10 people) \$150.00 +gst
over 10 people add \$20 per person

SPACE RENTAL

Full details at www.OpenSpaceYoga.com

Minimum of 3 hours. 50% Deposit Required. \$50.00hr +gst

1 YEAR UNLIMITED OSY MEMBERSHIP PASS \$1,100

SAVE UP TO \$500!

View Details Online at www.OpenSpaceYoga.com
or Call 778-858-9642

Bonus 10% OFF OSY Staff Workshops

For secure online registration and class payments go to www.OpenSpaceYoga.com

JAN/FEB 2010 CLASS SCHEDULE


OPEN SPACE
YOGA



JAN 4 TO FEB 28, 2010

778.858.YOGA (9642)

4880 Delta St. Ladner Village

Store Hours Wed-Fri 12pm-3pm

www.OpenSpaceYoga.com