

Hot Yoga Schedule: July 2010

www.leewiyoga.com | 905-278-1118

Sunday	Monday	Tuesday	Wednesday	1 Thursday CANADA DAY 9:30(90) Megan	2 Friday 6:30(60) Catherine 9:30(75) Diane 12:00(60) Diane	3 Saturday 8:00(90) Christine F 10:00(75) Trish 12:00(60) Trish
4 9:30(90) Diana 12:00(60)Diana 5:00(75) Kim	5 6:30(60) Catherine 9:30(60) Sofia 10:45(45) Sofia 5:00(60) Diane 7:00(60) Megan 8:30(45) Megan	6 9:30(90) Kim 5:00(60) Sonja 6:30(90) Sonja 8:30(60) Sonja	7 6:30(60) Catherine 9:30(60) Kim 12:00(60) Megan 5:00(60) Rose 7:00(60) Marinella 8:30(60) Marinella	8 9:30(90) Megan 5:00(60) Trish 6:30(90) Sounds of Yoga 8:30(60) CANCELLED	9 6:30(60) Joanne 9:30(75) Joanne 12:00(60) Diane 5:00(60) Christine M 6:30(60) Christine M 8:00(60) New teacher	10 8:00(90) Mike 10:00(75) Mike 12:00(60) Mike
11 9:30(90) Diana 12:00(60)Diana 5:00(75) Kim	12 6:30(60) Catherine 9:30(60) Sofia 10:45(45) Sofia 5:00(60) Diane 7:00(60) Megan 8:30(45) Megan	13 9:30(90) Kim 5:00(60) Justine 6:30(90) Justine 8:30(60) Justine	14 6:30(60) Catherine 9:30(60) Kim 12:00(60) Megan 5:00(60) Rose 7:00(60) Marinella 8:30(60) Marinella	15 9:30(90) Megan 5:00(60) Trish 6:30(75) Trish 8:30(60) Trish	16 6:30(60) Catherine 9:30(75) Diane 12:00(60) Diane 5:00(60) Diana 6:30(60) Diana 8:00(60) New teacher	17 8:00(90) Christine F 10:00(75) Trish 12:00(60) Trish
18 9:30(90) Mike 12:00(60)Mike 5:00(75) Kim	19 6:30(60) Catherine 9:30(60) Sofia 10:45(45) Sofia 5:00(60) Diane 7:00(60) Megan 8:30(45) Megan	20 9:30(90) Kim 5:00(60) Sonja 6:30(90) Sonja 8:30(60) Sonja	21 6:30(60) Catherine 9:30(60) Kim 12:00(60) Megan 5:00(60) Rose 7:00(60) Marinella 8:30(60) Marinella	22 9:30(90) Megan 5:00(60) Trish 6:30(75) Trish 8:30(60) Trish	23 6:30(60) Joanne 9:30(75) Joanne 12:00(60) Diane 5:00(60) Christine M 6:30(60) Christine M 8:00(60) New teacher	24 8:00(90) Christine F 10:00(75) Mike 12:00(60) Mike
25 9:30(90) Mike 12:00(60)Mike 5:00(75) Kim	26 6:30(60) Catherine 9:30(60) Sofia 10:45(45) Sofia 5:00(60) Diane 7:00(60) Megan 8:30(45) Megan	27 9:30(90) Kim 5:00(60) Patricia 6:30(90) Patricia 8:30(60) Patricia	28 6:30(60) Catherine 9:30(60) Kim 12:00(60) Megan 5:00(60) Rose 7:00(60) Marinella 8:30(60) Marinella	29 9:30(90) Megan 5:00(60) Trish 6:30(75) Trish 8:30(60) Trish	30 6:30(60) Catherine 9:30(75) Diane 12:00(60) Diane 5:00(60) Diana 6:30(60) Diana 8:00(60) New teacher	31 8:00(90) Kimberley 10:00(75) Trish 12:00(60) Trish

Class times are indicated in brackets: (90) = 90 minutes, (75) =75 minutes...etc. If you are new to hot yoga, you may prefer to start with a 60 minute class. Please arrive 15 minutes early to give yourself time to un-wind. Be well hydrated. Bring a yoga mat, towel, and water bottle (all available for purchase or rent).

Freedom Flow: A heart opening approach to yoga that weaves Tantric philosophy with the "Universal Principles of Alignment".

Hot Fusion Flow: Embrace the heat! Be present with mind, body and spirit. Enhance your awareness of breath, alignment, and inner strength. All levels welcome!

Hot Fusion Flow Level 1/2: For those who wish to take their practice to the next level in the heat.

Power Yoga: Athletic and transformational, this is a dynamic vinyasa (flowing) style of hot yoga, based on the teachings of Baron Baptiste. All levels welcome!

Power Yoga Pulse: Same as above but flavoured with rhythm and soul! All levels welcome!

Powerlite: Feel the heat as you flow to music in a modified power yoga class. All levels welcome!

Yogalite: 45 min class designed to stretch your entire body and develop core strength. With reduced heat, it's ideal for athletes to cross-train and those new to hot yoga! All levels welcome!

New Teacher: Karma: Karma classes are by donation only (\$8 min, 50% goes to a local charity). Karma classes are the standard series class.



Not-Hot Yoga Schedule: July 2010

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Sunday	Monday	Tuesday	Wednesday	1 Thursday CANADA DAY	2 Friday	3 Saturday
				10:00 Flow 2(75) Justine 5:45 Pre-Natal(90) CANCELLED 7:30 Core Flow(75) Kiran 8:45 Meditation(45) CANCELLED	9:30 Hatha Basic(75) June 6:30 Anusara-Inspired(75) Marinella	10:00 Hatha 1(90)Patricia 12:00 Hatha 1(60)Patricia
4 9:00 Ash Basic(90)Grant 11:00 Ash 1(90) Grant	5 12:00 Hatha1(60) Kim 6:15 Ash 1(60) Kiran 7:30 Ash 2(90) Kiran	6 9:30 Hatha 1(75) Megan 6:00(75) Restorative Flow Diane K	7 12:00 Hatha 1(60) Kim 6:00 Gentle(60) June 7:30 Detox(75) Kirstin	8 10:00 Flow 2(75) Justine 5:45 Pre-Natal(90) Kelly 7:30 Core Flow(75) Kiran 8:45 Meditation(45) Kiran	9 9:30 Hatha Basic(75) June 6:30 Anusara-Inspired(75) Marinella	10 10:00 Hatha 1(90)Patricia 12:00 Hatha 1(60)Patricia
11 9:00 Ash Basic(90) Grant 11:00 Ash 1(90) Grant	12 12:00 Hatha1(60) Kim 6:15 Ash 1(60) Kiran 7:30 Ash 2(90) Kiran	13 9:30 Hatha 1(75) Megan 6:00(75) Restorative Flow Diane K	14 12:00 Hatha 1(60) Kim 6:00 Gentle(60) June 7:30 Detox(75) Kirstin	15 10:00 Flow 2(75) Justine 5:45 Pre-Natal(90) Kelly 7:30 Core Flow(75) Kiran 8:45 Meditation(45) Kiran	16 9:30 Hatha Basic(75) June 6:30 Anusara-Inspired(75) Marinella	17 10:00 Hatha 1(90)Patricia 12:00 Hatha 1(60)Patricia
18 9:00 Ash Basic(90)Grant 11:00 Ash 1(90) Grant	19 12:00 Hatha1(60) Kim 6:15 Ash 1(60) Kiran 7:30 Ash 2(90) Kiran	20 9:30 Hatha 1(75) Megan 6:00(75) Restorative Flow Diane K	21 12:00 Hatha 1(60) Kim 6:00 Gentle(60) June 7:30 Detox(75) Kirstin	22 10:00 Flow 2(75) Justine 5:45 Pre-Natal(90) Kelly 7:30 Core Flow(75) Kiran 8:45 Meditation(45) Kiran	23 9:30 Hatha Basic(75) June 6:30 Anusara-Inspired(75) Marinella	24 10:00 Hatha 1(90)Patricia 12:00 Hatha 1(60)Patricia
25 9:00 Ash Basic(90)Grant 11:00 Ash 1(90) Grant	26 12:00 Hatha1(60) Kim 6:15 Ash 1(60) Kiran 7:30 Ash 2(90) Kiran	27 9:30 Hatha 1(75) Megan 6:00(75) Restorative Flow Diane K	28 12:00 Hatha 1(60) Kim 6:00 Gentle(60) June 7:30 Detox(75) Kirstin	29 10:00 Flow 2(75) Justine 5:45 Pre-Natal(90) Kelly 7:30 Core Flow(75) Kiran 8:45 Meditation(45) Kiran	30 9:30 Hatha Basic(75) June 6:30 Anusara-Inspired(75) Marinella	31 10:00 Hatha 1(90)Patricia 12:00 Hatha 1(60)Patricia

Class times are indicated in brackets: (90) = 90 minutes, (75) =75 minutes...etc.

Please arrive 15 minutes early to give yourself time to un-wind. Be well hydrated. Bring a yoga mat and water bottle (all available for purchase or rent).

Anusara-Inspired: A heart opening approach to yoga that weaves Tantric philosophy with the “Universal Principles of Alignment”.

Ashtanga: Taught in the tradition of Pattabhi Jois, this is a vigorous and challenging style of yoga that combines movement with breath. Basic is suitable for beginners or anyone wanting to focus more on the foundation of an Ashtanga practice. Level 1 is for all levels and follows the more traditional practice of Ashtanga.

Core Flow: Featuring slightly longer holds, this vinyasa (flow) will strengthen and stretch the core muscles to improve balance, stability, alignment, and range of motion.

Detox: A natural cleanse through yoga. Led by a registered holistic nutritionist, learn how to stimulate vital organs and oxygenate cells to detoxify and purify your body.

Gentle Awareness: Slow down and tune in. Experience a class with a focus on the inner body & breath and mindfulness to the physical, emotional, mental, and spiritual body.

Hatha: Reflecting the diverse backgrounds in Ashtanga, Anusara, Iyengar etc. Basic classes are suitable for beginners. Level 1 is suitable for all levels.

Meditation: Tune-out the chatter and tune-in to your breath as you open yourself to a deep state of stillness and calm.

Pre-Natal: For anytime during pregnancy, learn breathing techniques, meditation, and a yoga practice designed specifically for the pre-natal mom. No prior experience required.

Restorative: A relaxing class that uses props to support the body in order to allow for deep muscle relaxation, releasing the body of tension. Ahhh...

