

Hot Yoga Schedule: March 2010

www.leewiyoga.com | 905-278-1118

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

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!

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!

Yoga 4 Runners: Designed to stretch your hips, hamstrings, and keep you limber. Great for post-run lactic acid release! All levels welcome!



Not-Hot Yoga Schedule: March 2010

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

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. Basic and Level 1 classes are 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...

