

# YOGA

We offer a number of classes for all body types and fitness levels. Our yoga, Pilates, meditation, Tai Chi and Qigong classes help improve mental and physical health through relaxation, breathing, movement, and stretching. If you're looking for a way to manage stress and improve flexibility, concentration & overall wellness these classes are for you.



**\*Please bring your own mat to class.\***

## HATHA YOGA (All Levels)

**MONDAYS** | 10:15am – 11:30am | KATE (Hall A)

Sept 11 – Dec 18 (ex. Oct 9)      **\$130** +HST  
Jan 8 – March 25 (ex. Feb 19)    **\$104** +HST

This class is suitable for beginners, masters and everyone in between. Modifications will be offered so that you can customize your class to fit your specific needs and level of expertise.



## YOGA FLOW

**TUESDAYS** | 7:15pm – 8:30pm | KATE (Gym)

Sept 12 – Dec 18                    **\$130** +HST  
Jan 9 – March 26                    **\$104** +HST

The sequences offered in the Yoga Flow style of practice are designed to generate heat, build strength, and increase flexibility. Drawing from its roots in traditional *Vinyāsa* practice, this course will offer creative, flowing, breath-based sequences to challenge and inspire. Modifications will be offered to help participants to personalize your practice.

## GENTLE YOGA

**WEDNESDAYS** | 10:15am – 11:15am | SHEBA (Hall A)

Sept 13 – Dec 20                    **\$125** +HST  
Jan 10 – March 27                   **\$100** +HST

Increase flexibility and strength through a combination of centering and breath work, warm-up stretching, gentle hatha postures, and guided relaxation. Emphasis is on body and mind awareness, safe alignment, and cultivating compassionate self-acceptance.

## YOGA AND MEDITATION

**WEDNESDAYS** | 6:00pm – 7:15pm | MARIANN (Hall B)

Sept 13 – Dec 13                    **\$130** +HST  
Jan 10 – March 27                   **\$104** +HST

Find balance through yoga and meditation. Flex, stretch, strengthen, and calm your body, mind, heart, and nervous system. This class offers a complete series of yoga postures followed by an integration period where we will explore a variety of different types of meditation practices.

## ABSOLUTE BEGINNER YOGA

**THURSDAYS** | 5:45pm – 6:45pm | FRANCINE (Multi 4)

Sept 14 – Nov 30                    **\$125** +HST  
Jan 11 – March 28                   **\$125** +HST

Never practiced yoga? This class is designed as an introduction to yoga practice in a supportive environment and is welcoming to the apprehensive student. If you want a gentle way to learn more about yoga, this class is for you.



**THE CENTRE WILL BE CLOSED** October 7-9, 2023 and February 19, 2024

# MIND & BODY

**\*Please bring your own mat to class.\***

## PILATES (BEGINNER)

**MONDAYS** | 6:00pm – 7:00pm | JANICE (*Multi 4*)

Sept 11 – Dec 4 (ex. Oct 9)      **\$115** +HST  
 Jan 8 – March 25 (ex. Feb 19)    **\$105** +HST



This holistic exercise is designed to condition body and mind, help strengthen core muscles, improve posture, and increase flexibility.

## PILATES (INTERMEDIATE/ADVANCED)

**MONDAYS** | 7:15pm – 8:15pm | JANICE (*Gym*)

Sept 11 – Dec 4 (ex. Oct 9)      **\$115** +HST  
 Jan 8 – March 25 (ex. Feb 19)    **\$105** +HST

Pilates (Intermediate/Advanced): This holistic exercise is designed to condition body and mind, help strengthen core muscles, improve posture, and increase flexibility.

*\*Please note that participants must have completed Beginner Pilates before taking Intermediate/Advanced Pilates.*

## MINDFULNESS MEDITATION

TO BUILD RESILIENCE IN CHALLENGING TIMES

**MONDAYS** | 7:00pm – 8:30pm | MARLENE (*Multi 3*)  
 Sept 11 – Nov 6 (ex. Oct 9)      **\$100** +HST

Learn to build your mental and emotional resilience through the basic practices of mindfulness and meditation.

These practices can help you to de-stress, develop increased self-awareness, tap into your inner strength, gain a greater sense of overall well-being and live a more balanced and harmonious life.



## YOGA, PILATES, MEDITATION, TAI CHI AND QIGONG SCHEDULE AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<b>Hatha Yoga (All Levels)</b> 10:15am – 11:30am KATE ( <i>Hall A</i> )		<b>Gentle Yoga</b> 10:15am – 11:15am SHEBA ( <i>Hall A</i> )		<b>Tai Chi (All Levels)</b> 9:15am – 10:30am EDUARDO ( <i>Hall B</i> )
<b>Pilates (Beginner)</b> 6:00pm – 7:00pm JANICE ( <i>Multi 4</i> )		<b>Yoga &amp; Meditation</b> 6:00pm – 7:15pm MARIANN ( <i>Hall B</i> )	<b>Absolute Beg. Yoga</b> 5:45pm – 6:45pm FRANCINE ( <i>Multi 4</i> )	
<b>Pilates (Inter/Adv)</b> 7:15pm – 8:15pm JANICE ( <i>Gym</i> )			<b>Qigong</b> 5:45pm – 7:00pm NONA ( <i>Hall B</i> )	
<b>Mindfulness Meditation</b> 7:00pm – 8:30pm MARLENE ( <i>Multi 3</i> )	<b>Yoga Flow</b> 7:15pm – 8:30pm KATE ( <i>Gym</i> )		<b>Tai Chi and Qigong</b> 7:00pm – 8:15pm NONA ( <i>Hall B</i> )	

**\*\* PLEASE CHECK WITH YOUR HEALTH CARE PROVIDER BEFORE STARTING ANY EXERCISE PROGRAM.\*\***

# TAI CHI & QIGONG

Want to enhance your physical and mental health, relieve stress, improve posture, balance, flexibility, and strength?

- *Tai chi* is often described as “meditation in motion”
- *Qigong*, pronounced Chi Kung (Qi = Energy, Gong = Practice)



## QIGONG

THURSDAYS | 5:45pm – 7:00pm | NONA (Hall B)

Sept 14 – Dec 7 (ex. Oct 12)      **\$144** +HST  
Jan 11 – March 28 (ex. Jan 25)      **\$144** +HST

Qigong is a graceful form of exercise and meditation which energizes, relaxes, and rejuvenates your entire being. It is easy to learn, suitable for all ages and fitness levels, and can be performed standing or sitting. Each class includes a warm-up, short meditation, proper breathing techniques, flowing movements, invigorating self-massage, and energy cleansing exercises in a joyful atmosphere. It improves flexibility, posture, balance, blood circulation, and muscle tone.

It is recommended to take Nona’s Qigong program prior to taking her Tai Chi program, as Qigong is the foundation for Tai Chi and prepares you for the next level.

## TAI CHI—ALL LEVELS (CHEN FAMILY)

SATURDAYS | 9:15am – 10:30am | EDUARDO (Hall B)

Sept 16 – Dec 16 (ex. Oct 7)      **\$144** +HST  
Jan 13 – March 23 (ex. Mar 9)      **\$120** +HST

Tai Chi is a powerful mind-body practice. You will learn Standing Meditation, Silk Reeling Qigong, and the 19 Postures Tai Chi movement sequence. You will learn how to properly align your body for balance, better posture, and efficient power, and how to find quietness inside action. The emphasis in class is on correct posture alignment, which leads you to relax and unlock your joints, while strengthening your muscles and achieving optimal energy circulation. The teacher will bridge the gap between the traditional Tai Chi teachings that are kept and prized, and the need for objective and straightforward explanations.

The movement sequence in this class is the 19 Posture Form by Grandmaster Chen Xiaowang, which is appropriate for beginners. After the initial Standing Meditation and Qigong exercises, the group will be split in two - those who already know the moves and are perfecting them, and those who are learning the moves for the first time. The first group will receive adjustments in posture and technique, and the second will learn the moves step by step.

## TAI CHI (CHEN STYLE) AND QIGONG

THURSDAYS | 7:00pm – 8:15pm | NONA (Hall B)

Sept 14 – Dec 7 (ex. Oct 12)      **\$144** +HST  
Jan 11 – March 28 (ex. Jan 25)      **\$144** +HST

This practice involves a series of gentle movements coordinated with proper breathing. The flowing, mindful movements calm the mind while strengthening the body, oiling the joints, improving blood circulation, posture, overall flexibility, balance, coordination, and mobility.

You will practice 24 form Chen style Hunyuan Tai Chi Chuan and Qigong forms. The class includes a warm-up, short meditation, proper breathing, and mindful movements that boost health, vitality, internal power, and mental clarity. A cleansing, invigorating self-massage ends the class in a joyful atmosphere.

