



Summer Class Schedule

June 26- Aug. 31, 2017

To Register:
 info@harmonytreestudio.com
 204.822.9943
 www.harmonytreestudio.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:15 am Fit Flow Yoga *45 minutes Joelle		7:15 am Beach Yoga *45 minutes Sheena		
9:00 am Total Body Toning Sheena			9:00 am Core Conditioning Amanda	10:00 am Pilates *45 minutes Sheena	9:30 am Hatha Yoga Grace	9:30 am Ashtanga Yoga *75 minutes Sheena
	5:15 pm Beginner Yoga 5 week term Starts Aug. 1 Sheena		5:15 pm Fit Flow Yoga NEW TIME! Sheena	11:00 am Restorative Yoga *75 minutes Sheena		
6:30 pm Power Pilates Sheena	6:30 pm Total Body Toning Sheena		6:30 pm ABC Sheena			
7:30 pm Karma Yoga in Research Station Starts July 10 Grace	7:15 pm Hatha Yoga Joelle	7:15pm Vinyasa Yoga Brooke	7:30 pm Karma Yoga In Morden Park Starts July 13 Grace		<div style="border: 3px double black; padding: 10px; text-align: center;"> <p>9x9 Summer Special Enrol in a class for 9 weeks & pay \$9 per class</p> </div>	
7:45 pm Yin Yoga Sheena	7:30 pm Yoyalates Sheena	8:30pm Slow Flow Brooke	7:45 pm Ashtanga Yoga NEW TIME! Sheena			

Class Descriptions

<p>Yoga Best for Beginners</p>	<p>Yoga For those with Experience</p>	<p>Outdoor Classes</p>	<p>Pilates & Toning</p>
<p>BEGINNER YOGA: Ideal for anyone looking to better understand props and alignment for safe and effective postures.</p> <p>HATHA YOGA: A gentle yoga system of physical exercises and breathing control. This class includes standing, sitting and reclined poses. This class is appropriate for those who have never done yoga before.</p> <p>RESTORATIVE YOGA: Find relief in long, effortless positioning designed to allow your body to release tension. Students of every level benefit from the calming, meditative focus this class provides.</p> <p>SLOW FLOW YOGA: End your day well. Breathe, calm your mind, and move your body with this gentle, flowing yoga practice appropriate for all levels.</p> <p>YIN YOGA: Long held poses that challenge the body and the mind while promoting a deeper sense of strength and flexibility.</p>	<p>ASHTANGA YOGA: This class will follow the original Primary Series. Some yoga knowledge will be an asset for this class.</p> <p>FIT FLOW YOGA: A sequenced based Hatha yoga class that improves flexibility, strength and self-awareness.</p> <p>VINYASA YOGA: A flowing dynamic form of yoga that links postures with breath in a sequence. This class is more challenging and some yoga knowledge would be an asset.</p> 	<p>BEACH YOGA: Come salute the rising sun with this 45-minute morning outdoor hatha class at Colert Beach, Morden. This class is open to all levels.</p> <p>KARMA YOGA MORDEN PARK: Hatha yoga among the trees on the west side of Morden park; enter off 15th street . This class is by donation. All money raised is for Ovarian Cancer Research.</p> <p>KARMA YOGA RESEARCH STATION: Hatha yoga to the setting summer sun at the Research Centre, 1st Street, Morden. All levels welcome. This class is by donation. All money raised is for Ovarian Cancer Research.</p>	<p>ABC: This resistance training class includes traditional calisthenics and body weight exercises which target arms, butts and core muscles.</p> <p>PILATES: With a focus on neutral alignment including pelvic and shoulder girdle stabilization. This class improves core stability, relieve tension and help create long, lean muscle mass.</p> <p>POWER PILATES: Burn lots of calories with this interval based class. It is a full body workout that uses Pilates small equipment to challenge your core, arms and legs.</p> <p>TOTAL BODY TONING: Using small equipment to work both your large and small muscles for full body toning.</p> <p>CORE CONDITIONING: This targets your deepest core muscles to improve posture, overall strength and stability.</p> <p>YOGALATES: A combination class of classic Pilates exercises and gentle yoga stretches. This class will leave you stronger and more flexible.</p>

Prices

Drop in- \$15 5 Class Pass- \$60 10 Class Pass- \$110 Unlimited Month Pass- \$125

Regular Class Passes are for any classes (excluding enrollments) and expire six months from date of purchase.

Enrollment Class Passes can only be used for the class and term for which they are purchased.