

CLASS DESCRIPTIONS

B=BEGINNER
I=INTERMEDIATE

D=DYNAMIC
Y=YOUTH

V=VIGOROUS
G=GENTLE

Hatha Essentials (75 min.) B/I/D

Hatha yoga at an introductory level. Includes postures that will strengthen and stretch your body as well as balance and breathing exercises. A good starting point for healthy individuals who are new to yoga.

Hatha Flow (75 min.) I/V

Participants are guided through a series of asanas and pranayama (breathing exercises) in an intuitive, moderately flowing sequence. Hatha combines poses for strength, muscle lengthening, balance and mindfulness. Noon Hour Hatha Flow is a 60 minute class

Hatha Rhythm (75 min.) B/I/D

Hatha Rhythm is a mindful grounding and energizing flow to start the day off feeling connected in body and mind. A playful mix of stretching and strengthening Hatha postures.

Slow Flow & Restore (75 min.) B/G

The class begins with a meditation and slow mindful movements to awaken our bodies, followed by slow flowing gentle hatha and ending the last half of our practice with restorative poses. Just enough slow, juicy movements to warm the body before an intentional series of long, nourishing holds.

Gentle Flow & Meditation (75 min) B/I/G

This practice uses breath and gentle postures to bring awareness to physical sensations and draw attention to subconscious processes. Asanas are used to generate energy internally while mindful breath allows for exploration of the energy harnessed. Mantras evoke a vibrant stillness helping practitioners settle into a short meditation following the active portion of practice.

YIN-yasa (75 min.) B/I/D

This class is a combination of yin and yang. This practice begins with a slower-paced vinyasa flow, to cultivate heat in the body. This heat helps prepare the body for the second more cooling half of the class, which focuses on long, deep stretches in the yin style.



NEW TO YOGA?
THIS STAR INDICATES BEST CLASSES
FOR COMPLETE BEGINNERS!

Yoga For Athletes (75 min.) I/V

For athletes of all levels looking to include yoga as part of their training routine, this class focuses on yoga that conditions the mind and body for optimal health, fitness, and performance.

Yin Yoga (75 min.) B/I/G

In this gentle yoga class, poses are held for longer periods to facilitate soft tissue release. Yin Yoga will improve your flexibility, joint health, and bring balance to your practice.

All-Levels Hatha (75 min.) B/I

Suitable for both beginner and intermediate-level students. Learn to move safely in and out of basic yoga poses while connecting to breath. Participants are encouraged to practice at their current level, explore modifications and use props when needed.

Karma Class (75 min.) B/G

This karma class focuses on meditative techniques to open, expand and nourish your body. Open to all levels, this class draws awareness to the breath, through invited mindfulness and self reflection techniques as you move through poses. With a focus on releasing tension, this class is an invitation to come allow balance and awareness into your practice. Free class with donation. No minimum donation. With Anika Dominiski

WE HAVE
A CLASS
FOR YOU



CONTACT US

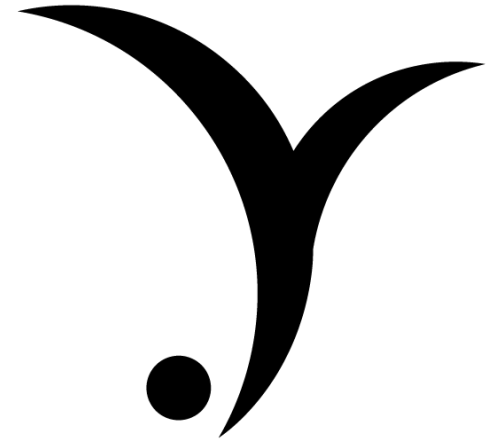
3840 CADBORO BAY ROAD

VICTORIA, BC V8N 4G2

PHONE: (778) 433-9202

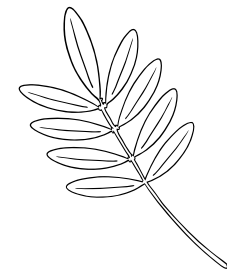
EMAIL: YEWTREEYOGA@GMAIL.COM

WWW.YEWTREEYOGA.COM



YEW
TREE
YOGA

WEEKLY SCHEDULE



FEB - MAR 2020

WEEKLY CLASS SCHEDULE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

EARLY MORNING	8:30-9:45 Hatha Rhythm		8:30-9:45 Hatha Flow				
MORNING		10:15-11:30 Hatha Essentials	10:15-11:30 Hatha Flow	10:15-11:30 Hatha Essentials	10:15-11:30 Hatha Essentials	11:00-12:15 Slow Flow & Restore ★	10:00-11:15 Gentle Flow & Meditation NEW ! ★
AFTERNOON	12:00-1:15 Yin Yoga ★	12:00-1:00 Lunchtime Hatha Flow		12:00-1:15 Yin Yoga ★			11:30-12:45 Karma Class Meditative Yoga NEW ! ★
AFTERNOON TO EARLY EVENING							5:00-6:15 Hatha Flow
EVENING	6:00-7:15 Yoga For Athletes		6:15-7:30 Yin-Yasa	6:15-7:30 All-Levels Hatha ★	6:00-7:15 Yoga For Athletes		7:00-8:15 Yin Yoga ★

YEW WORKSHOPS & NEW CLASSES

FORGING A STRONG BODY & MIND

With Tanis Farish PhD

Jan 22nd from 9:00 - 10:45 AM

Pre-Registration is required.

In this workshop you will learn about the principles of building strength as it applies to your yoga practice. Clinical Exercise Physiologist Tanis Farish will focus on functional mobility and the benefits for muscle, fascia and bone. This will be both an educational and movement-based workshop so come dressed in comfortable yoga-wear.

GENTLE FLOW & MEDITATION

With Kevin Murphy

Starting Feb 23rd from 10:15-11:30pm

Drop-in

This practice uses breath to bring awareness to physical sensations and draws attention to subconscious processes. Asanas are used to generate energy internally while mindful breath allows for exploration of the energy harnessed. Mantras evoke a vibrant stillness helping practitioners settle into a short meditation following the active portion of practice.

RATES

Your 1st class is free!

Drop-In Yoga \$18.75

5-Class Yoga \$79

10-Class Yoga \$150

UNLIMITED YOGA PASSES

MONTHLY PASSES	REG / ADULT	SENIOR 65+	YOUTH / STUDENT
1-month	\$105.00	\$95.00	\$78.00
3-month	\$275.00	\$245.00	\$199.00
6-month	\$475.00	\$425.00	\$355.00

PHYSIOTHERAPY SESSIONS

Experience physical therapy in the purest form: rehabilitative exercise and clinical yoga. Our fully licensed registered physiotherapist can aid in your recovery by establishing a customized program tailored to your specific goals. Private sessions are covered under most extended medical plans. Direct billing for most plans.

CUSTOM YOGA CLASSES

Is there a class you would like to see at Yew Tree Yoga? Suggestions are always welcome! Give a call or send an email and let us know what sort of class you would like to see and your preferred day/time.

KARMA CLASSES!

We are offering two Karma classes in early 2020. These classes are by donation (pay what you are able). The instructor volunteers their time and 100-percent of all donations go to wildlife organizations this month. See our website for details