

## 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**

Beginning the class with a meditation and slow mindful movements as we 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.

### **Vinyasa (75 min) B/I/D**

Quieting the mind and allowing breath to be the leader is the core foundation for the physically and mentally stimulating sequence of postures. This class will provide you with a greater understanding of each pose and leave you energized and integrated.

### **YIN-ya-sa (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 ARROW 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.



### **Gentle Hatha (75 min.) B/I/G**

This is a gentle practice where we focus on moving slowly and safely in and out of basic yoga poses while connecting to our breath. In order to find ease and comfort in each pose, participants are encouraged to explore modifications and use props.



### **Karma Class (75 min.) B/G**

The class will begin opening with a pranayama breathing technique, to support with the natural relaxation, release and balance within the nervous system. Then poses aimed to release stagnant energy and instead cultivate curiosity and openness within the body.

**WE HAVE  
A CLASS  
FOR YOU**



## **CONTACT US**

**3840 CADBORO BAY ROAD**

**VICTORIA, BC V8N 4G2**

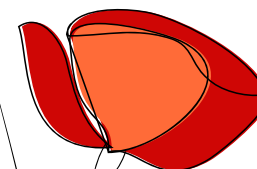
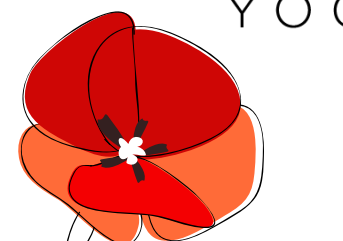
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**YEW  
TREE  
YOGA**



**WEEKLY  
SCHEDULE**

**OCT - NOV 2019**

# 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	11:00-12:15 Slow Flow and Restore	11:00-12:15 Karma Class Deep Hatha and Meditation
AFTERNOON	12:00-1:15 Yin Yoga	12:00-1:00 Lunchtime Hatha Flow		12:00-1:15 Yin Yoga			
AFTERNOON TO EARLY EVENING				5:30-6:45 Hatha Essentials			5:00-6:15 Hatha Flow
EVENING	6:00-7:15 Yoga For Athletes		6:15-7:30 Yin-Yasa	7:00-8:15 Gentle Hatha	6:00-7:15 Yoga For Athletes		

## NOVEMBER FEATURES

### NEW PRODUCTS

We now carry Island Soap Co. their products are eco-friendly and handmade in small batches. Come check out the soaps, mini bath bombs and shampoo and conditioner bars. They have an amazing array of scents so there is something for everyone. Need a stocking stuffer? Look no further!

### KARMA CLASS

Join Ankia for a Deep Hatha and Meditation Karma Class. All proceeds will be donated to Victoria Sexual Assault center. This class will begin with a pranayama breathing technique, to support the natural relaxation, release and balance within the nervous system. Then poses aimed to release stagnant energy and cultivate curiosity and openness within the body.

## 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.

WE DO

GIFT CARDS

