

Flowing Yogi Studio
 126 - 2 Ave W, Cochrane
 403-932-6109
 www.FlowingYogi.com

Program Guide January - February 2012

R = registered class (no drop ins)

DI = drop in (call prior to dropping in for the first time)

7 = 7 Class Pass

Classes are subject to change or be cancelled. Please check the website homepage for updates.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:15-10:30AM R/DI/7 Mixed Level Yoga Blend Jennifer Houghton		9:15-10:30AM R/DI Mindful Yoga Doug Maclean	9:30-10:30AM R/DI/7 African Groove Jennifer Houghton
12:00-1:55pm DI/7 Meditation & Breathing Jennifer Houghton	11AM-12 Gentle Yoga DI/7 Jennifer Houghton		10:45-12 R/DI Mindfulness Meditation Doug Maclean	11AM - 12 DI/7 Gentle Yoga Jennifer Houghton
1:10-2:10pm R Core 1 Denise Brochu	1-2:15PM R Spicy Yoga & Core Denise Brochu		12:10-1:10pm R Roller/Core Class Celia Gjosund	
4:15-5pm R/DI Little Yogis, 6-10 years Julia Sauter				
5:30-6:45PM R/DI Yoga Flow Tara Anderson	5:30-6:45PM R Chakra Yoga Tara Anderson	6:15-7:30PM R/DI/7 Beginner's Yoga Jennifer Houghton	5:15-6:30PM R Yoga & Core Denise Brochu	
7-8PM R Callanetics Rhonda Bleau	7-9 PM R Mindfulness Based Stress Reduction Program Doug MacLean	7:45-9PM R/DI/7 Mixed Level Yoga Blend Jennifer Houghton	6:45-8PM R Spicy Yoga & Core Denise Brochu	
			8:10-9:25pm R/DI/7 Yin Yoga Jennifer Houghton	

SUNDAY

Mini Yogis, 3-5 years

1:15-1:45pm R/DI
Julia Sauter

See next page for instructor contact info.

Specialty Class
 Descriptions see p. 1

Yoga Class
 Descriptions p.2-4

Published Dec 5

HOW TO REGISTER

Flowing Yogi Studio is run like a collective: each instructor rents the space and runs their own classes.

To register or for more information on each class please contact the instructor directly. Each instructor has different policies - please see below.

For general information about the studio please contact Studio Director, Jennifer Houghton - see below...

To enquire about renting the space for classes or workshops contact Jennifer Houghton

Jennifer Houghton, Studio Director

Phone: 403-932-6109

Email: jennifer@flowingyogi.com

Website: www.FlowingYogi.com

Policies: Prices in brochure include GST.

7-class Pass: \$91 for 1-hour classes. \$108.50 for 1.25-hour classes. May be used for any of Jennifer's classes marked "7"

Discounts: Seniors Discount = 10% off all prices for those 60 years or older.

Make Ups: You can make up a class of the same length or shorter in any of Jennifer's Drop In (DI) classes during the same session.

Please call or email prior to dropping in for the first time.

Refunds: Only issued in the case of a doctor's note (less a \$10 admin fee). If you are not sure about a class, try a drop in before registering.

Class Cancellations: Classes are subject to be cancelled or rescheduled at any time. In most cases, cancellations are listed on the homepage of the website. However, please call or email prior to dropping in the first time

Tara Anderson

phone: 587-896-1788

email: tara@creativespityoga.ca

Website: www.creativespityoga.ca

Rhonda Bleau

phone: 403-681-3439

email: rhonda@canadiancallanetics.com

Website: www.canadiancallanetics.com

Policies: see www.canadiancallanetics.com website for Rhonda's class policies

Denise Brochu, Physical Therapist at Sunshine Physio

phone: 403-981-1991

email: sunshine.physiotherapy@gmail.com

Website: www.sunshinephysio.com

Policies: Please contact Denise's clinic at the number above for more info about her classes:

Celia Gjosund, Physical Therapist at Sunshine Physio

phone: 403-981-1991

email: sunshine.physiotherapy@gmail.com

Website: www.sunshinephysio.com

Policies: Please contact Sunshine Physio at the number above for more info about her classes:

Doug Maclean

phone: 403-998-7213

email: doug@practicalwellbeing.ca

Website: www.PracticalWellbeing.ca

Policies: Prices listed in brochure include GST.

Discounts: Ages 50+ receive 20% discount

Julia (Yulia) Sauter

phone: 403-816-1531

email: info@yuliasauteryoga.com

Website: www.yuliasauteryoga.com

Specialty Classes

African Groove

No dance experience necessary - just a desire to shake and groove. A fun fitness class blending cardio moves inspired by West African dance and drum rhythms. The drum beats will inspire you to move in ways you never imagined possible! An effective workout (mostly cardio with a stretch at the end) but refreshing and exhilarating rather than exhausting. Bare feet.

Fridays, 9:30-10:30am, Jan 13 - Feb 24, 7 classes

Register = \$87.50, Drop In = \$14.50, 7-Class Pass=\$91
Contact Instructor Jennifer Houghton

Callanetics

The grace and fluidity of ballet and the mind/body synergy of yoga combined to tone and reshape the body. Performed correctly, seemingly easy and simple techniques have amazing results. Elongate muscles eccentrically, work deep into the muscle fibers to build strength without the bulk. Incorporates stretching, creating a balance of strength, flexibility and overall sense of well-being.

Mondays, 7-8pm, Jan 9 - Mar 24, 11 classes

Register=\$148.50
Contact Instructor Rhonda Bleau

Core 1

Do you want to strengthen your core? Do you want to improve your quality of life or sport participation? Do you suffer from or want to prevent low back pain? Does your back get tired and ache?

Come and learn safe core strengthening with a physical therapist.

Mondays, 1:10-2:10pm, Jan 9-Feb 20

Register \$175
Contact Instructor Denise Brochu, Physical Therapist

Mindfulness Based Stress Reduction

This program is for individuals who want to acquire a capacity for mindfulness as a resource for improving wellbeing in a welcoming group environment. This is an in-depth program and it models the world-renowned Mindfulness Based Stress Reduction program developed by Dr. Jon Kabat-Zinn. It is for individuals who are committed to reducing the impact of stress.

What you learn:

Practical skills to improve wellbeing
Methods for working towards mind and body relaxation and ease
Increased awareness of the interplay of your mind and body
Greater ease and stability of mind and body when faced with challenges
Practical suggestions for applying mindfulness at work, home and in your social life

What you receive:

Guided instruction in mindfulness meditation and mindful yoga
Exercises to enhance mindfulness in everyday life
Group dialogue and discussion
Home assignments
Practice mp3s and learning materials to support your learning and practice

The program runs for 9 sessions including eight 2- hour classes and one 6-hour class.

The cost of the full 22 hour program is \$375 +GST.

A limited number of scholarships are available and a student rate is available as well.

Tuesdays, 7-9pm

Jan 17, 24, 31, Feb 7, 14, 21, 28, Mar 6

Plus Sunday, February 26, 6 hours (times TBA)

Contact Instructor Doug MacLean

Roller Core Class

A more difficult core class for those who wish to progress to a maximum level. This class involves a roller, theraband and weighted balls to make all the exercises more challenging and to gain greater core stability. Celia hopes the classes will be fun and help people achieve their optimum core stability.

Thursdays, 12:10-1:10pm, Jan 12 - Feb 23

Register \$175
Contact Sunshine Physio (Celia Gjosund's clinic)

Yoga & Meditation Classes

Beginner's Yoga

New to yoga or wanting to go back to the basics. Each class is different. We will learn a variety of poses and techniques for alignment and breathing. Aimed at improving alignment, strength, flexibility, concentration and relaxation. A blend of yoga traditions and styles including hatha, ashtanga, and anasara.

Wednesdays, 6:15-7:30pm, Jan 11-Feb 29, 8 classes

Register=\$100, Drop In=\$16, 7-Class Pass=\$108.5

Contact Instructor Jennifer Houghton

Chakra Yoga

The Chakras are major energy centers that correlate to one's emotional and spiritual well being and development. When balanced the chakras support optimum health and happiness as well as access to different levels of one's own consciousness. Embark on an inward journey of transformation by learning how to balance your own chakras through sound, meditation, and yoga. Each class will cover one chakra, building from the root to the crown.

Tuesdays, 5:30-6:45pm

Jan 10-Feb 28, 8 weeks, \$112

contact Instructor Tara Anderson

Gentle Yoga

Accessible to seniors, beginners, 'stiff-folks', or anyone wanting a relaxing, easy practice. Safe, easy, simple postures and movements designed to improve range of motion and flexibility. Modifications are presented to allow various levels to participate. Chairs will sometimes be used (as opposed to sitting on the floor). No previous yoga experience needed.

Tuesdays, 11am-12, Jan 10-April 24

Fridays, 11am-12, Jan 13 - April 27

(no class April 6)

Drop In=\$14.50, 7 Class Pass=\$91

Contact Instructor Jennifer Houghton

Kid's Yoga

Mini Yogis, Ages 3-5 years

This class is a playful and fun introduction to Yoga for 3-5 year olds. A variety of postures will be explored mainly by practicing different animal poses. Classes will incorporate simple games, music, stories and relaxation. Benefits of Kids Yoga include increased flexibility and strength, concentration, self-confidence, decreased stress and frustration. It provides tools for children to relax and calm themselves.

Little Yogis, Ages 6-10 years

This class for 6-10 year olds is all about exploring Yoga in a fun and creative way. The classes are structured to include yoga poses, music, stories, games, breathing and relaxation exercises. We will go on imaginary trips to underwater world or space and explore many different yoga poses! Benefits of Kids Yoga include increased flexibility and strength, concentration, self-confidence, decreased stress and frustration. It provides tools for children to relax and calm themselves.

Mini Yogis, 3-5 yrs, Sundays, 1:15-1:45pm

Jan 15, 22, 29, Feb 5, 12, 26 (No class Feb 19th)

Little Yogis, 6-10 yrs, Mondays, 4:15-5pm

Jan 16, 23, 30, Feb 6, 13, 27 (no class Feb 20)

6 Week Session \$60, drop ins \$12

Contact Instructor Yulia Sauter

Mindfulness Meditation

All levels. For individuals who are interested in the practice of mindfulness and meditation. Suitable for anyone - no prior meditation experience is necessary. Mindfulness is a capacity of living in the moment that anyone can cultivate. It is developed by paying attention, on purpose, from moment to moment. You can discover calmness, increased energy, a sense of well-being, and deeper insight into your life. Class covers seated, walking, and lying down meditations. Meditations of varying lengths are guided by the instructor. Chairs are available for seated meditations. Suggestions are given for applying mindfulness to daily life.

Thursdays, 10:45-12, Jan 12-Feb 23, 7 classes

Register= \$88, Drop In=\$15 (Prices include GST)

Ages 50+ get 20% discount

Contact Instructor Doug Maclean

Mindful Yoga

For those with little or no yoga experience and also beneficial for experienced yogis. Blends Hatha yoga poses and the practice of mindfulness: learn to practice the yoga poses with concentration, full awareness of physical sensations, and letting go of internal judgments. Promotes relaxation, joy, and well-being. Learn about yourself and experience yourself as whole and complete. Poses are practiced slowly and the emphasis is on finding a balance between effort and relaxation.

Thursdays, 9:15-10:30am, Jan 12-Feb 23, 7 classes

Register= \$88, Drop In=\$15 (Prices include GST)

*Ages 50+ get 20% discount

Contact Instructor Doug Maclean

Yoga & Meditation Classes Continued

Mixed Level Yoga Blend

Advanced beginners to intermediate. Each class is a different blend of yoga styles and traditions. We will practice a variety of poses, sequences, and breathing. Some deeper stretching, some balance work, some flow. Practical techniques and methods are aimed at improving alignment, strength, flexibility, concentration, relaxation and to help you connect deep inside yourself. Gently infused with yoga philosophy.

Tuesdays, 9:15-10:30am, Jan 10-Feb 28, 8 classes

Register=\$100, Drop In=\$16, 7-Class Pass=\$108.50

Wednesdays, 7:45-9pm, Jan 11-Feb 29, 7 classes

Register=\$100, Drop In=\$16, 7-Class Pass=\$108.50

Contact Instructor Jennifer Houghton

Monday Meditation & Breathing

We will explore various meditation and breathing (pranayama) techniques. Sometimes seated, sometimes lying down, we will also do hand mudras and other slow simple movements (e.g. chi gong) that anyone can do. Meditations will rotate: guided, silent, a little bit of chanting (a gentle start for those who are not used to chanting.) Goals = calming of the mind, improvement to well-being, tending to neglected aspects of one's being, and movement of stagnant prana (chi) to enable healing. All levels.

Mondays, 12:00-1:55pm, Jan 9-Feb 27

(No class Feb 20)

Drop In \$14.50, 7-Class Pass \$91

Contact Instructor Jennifer Houghton

Yin Yoga

Deep, deep stretching. This class works on opening the hips, back and shoulders through long holds. Each Yin pose is held 3-5 minutes for deep effect in the muscles and ligaments. This quiet practice is meditative, cultivates patience, and calms the mind. Excellent for athletes: by passively stretching the connective tissue around the joints, you can increase range of motion, stability, and strength. Yin can help everyone move with greater ease, calm, and comfort. All levels

Thursdays, 8:10-9:25pm, Jan 12-Mar 1, 8 classes

Register=\$100, Drop In=\$16, 7-Class Pass=\$108.50

Contact Instructor Jennifer Houghton

Yoga/Core or Spicy Yoga/Core

Stretch and strengthen the whole body including the core while increasing your balance and core. Care and attention will be placed on alignment and modifications will be made for those with limitations or injuries. The class is designed for all levels of fitness from beginners to advanced, to those with injuries. Come and experience peace, relaxation and a healthier body today!

Spicy Tuesdays, 1-2:15pm, Jan 10-Feb 21

Register= \$175

Yoga/Core Thursdays, 5:15-6:30pm, Jan 12-Feb 23

Register= \$175

Spicy Thursdays, 6:45-8pm, Jan 12-Feb 23

Register= \$175

Contact Instructor Denise Brochu

Yoga Flow

Tap into your inner sense of stillness and wisdom to help heal on all levels and guide you through the ups and downs of life. Awaken and enliven your body and spirit on and off the mat. The practice of Hatha yoga involves postures - standing, seated, and balancing - to increase flexibility, strength and balance. In addition to the physical practice, Kripalu yoga also involves deep relaxation, breath work, and a variety of yogic tools to help you develop a moving meditation, get in shape and connect your mind, body and spirit. Classes range from gentle to vigorous.

Mondays, 5:30-6:45pm

Jan 9 - Feb 27 / 8 weeks \$112

Contact Instructor Tara Anderson

January 3-9, 2012 - YOU CAN TRY *SOME* OF OUR CLASSES FOR FREE! SEE WEBSITE FOR DETAILS**WORKSHOPS****Free 2-hour intro to Mindfulness Based Stress Reduction**

As a participant in the 2 hour class you will receive:

- guided instruction in 3 mindfulness practices
- download audio for free from www.practicalwellbeing.ca
- suggestions for starting a mindfulness practice
- list of resources for learning more about mindfulness and stress
- outline of MBSR course learning objectives
- suggestions for integrating mindfulness into your life

Sunday, January 8, 1-3pm

Contact Instructor Doug MacLean

Understanding Chronic Pain & How Yoga Can Help

A summary of information on chronic conditions and pain aimed at providing you with a greater understanding of pain associated with chronic conditions, common injuries, and diseases. We will briefly discuss the physiological origins and causes of pain. We will also discuss the ways that yoga can bring relief, improve mood, and help with quality of life. A look at how modern yoga's blending of scientific methodologies and ancient wisdom can help improve quality of life.

Saturday, January 21, 10:30-12

\$10 donation to the Food Bank
Presented by Jennifer Houghton

Workshops with Bonnie Kowaliuk

Creative/Educational Consultant/Facilitator

Creative Community Building, January 28, 8:30-3:30

Gender Based Learning, February 4, 8:30-3:30

Family Drumming Circle, March 4, 9:30-12:30

Drumming Up the Team, May 27, 8:30-3:30

SEE WEBSITE FOR WORKSHOP DETAILS

Love My Body, Love Myself

A Self-Acceptance Workshop for Women

The day will include breath work, meditations, yoga practices, and discussions as we explore:

- Body-image and the relationship between food and feelings
- Ways to change our habits, rewire our brains, and change our body-image
- Breathing techniques to help you become present and begin to set your true self free
- Discover where you are "holding" emotions and learn techniques to liberate them
- Yoga and Journaling: a practice of living in your body, rather than judging it

Sunday, March 25, 9-5:30pm

Early bird prior to Feb 1=\$129, after Feb 1=\$149

With Laura Grier, Registered Psychologist and Jennifer Houghton, Certified Yoga Instructor

NOW AVAILABLE**One-on-One Yoga Therapy**

Yoga therapy can be helpful if you are uncertain your body can tolerate a public yoga class or if you are looking for a practice specific to your condition.

Yoga therapy involves breath work, guided imagery, meditation, mindfulness techniques, and specific physical yoga practices designed for the individual. It is a path rather than a magic-pill type solution. When implemented regularly, the practices we develop in yoga therapy can lead to a more peaceful and comfortable existence. It is aimed at helping relieve chronic pain, decreasing physical and emotional symptoms of disease and illness, and helping with mood management. Yoga helps with the pain of chronic conditions by combining information based on scientific evidence with the ancient wisdom of yoga. We aim to improve flexibility, balance, coordination, breath control, and reduce tension in the body.

Sessions are available at Flowing Yogi studio with Jennifer Houghton (home visits may be possible if you are unable to travel - no extra cost in Cochrane).

Introductory Rates January - April, 2012

\$60+GST/1-1.25 hour session