



The studio is run like a collective: unique and talented instructors rent the space and develop and run their own classes.

**NOVEMBER – DECEMBER 2010**

**Flowing Yogi Studio Class Schedule**

<b>Monday</b>		
6:30-8:30am	Mysore Yoga Practice	Patrick Copping
12-12:50	Lunchtime Yoga & Relaxation	Jennifer Houghton
4:15-5:15pm	Kids Yoga (6-8yrs)	Lexie Major
5:15-6:15pm	Kids Yoga (9-12yrs)	Lexie Major
7-8 pm	Callanetics – Low Impact Fitness	Rhonda Bleau
8:05-9:10pm	Bellyfit – fusion fitness for women	Jennifer Houghton
<b>Tuesday</b>		
6:30-8:30am	Mysore Yoga Practice	Patrick Copping
9:15-10:30am	Mixed Level Yoga	Jennifer Houghton
12-1pm	Roller/Theraband Advanced Core	Celia Gjosund
1-2 pm	Core Strength 1	Denise Brochu
6-7 pm	Core Strength 1	Denise Brochu
7-8 pm	Advanced Core Strength	Denise Brochu
8:10-9:25pm	Yin Yoga	Jennifer Houghton
<b>Wednesday</b>		
6:30-8:30am	Mysore Yoga Practice	Patrick Copping
10:30-11:30am	Bellyfit <b>FREE!</b> (month of November only)	Jennifer Houghton
6:15-7:30 pm	Beginners Yoga	Jennifer Houghton
7:45-9:00 pm	Mixed Level Yoga Blend	Jennifer Houghton
<b>Thursday</b>		
6:30-8:30am	Mysore Yoga Practice	Patrick Copping
9:15-10:30am	Mindful Yoga	Doug MacLean
10:45am-12	Mindfulness Meditation	Doug MacLean
1-2pm	Advanced Core Strength	Denise Brochu
6-7:15pm	Vinyasa Flow Yoga <b>**NEW**</b>	Nicole Beaudry & guests
7:30-8:45pm	Yin Yoga	Nicole Beaudry & guests
<b>Friday</b>		
6:30-8:30am	Mysore Yoga Practice	Patrick Copping
9:30-10:30am	Tribal Fusion – Dance Inspired Fitness	Jennifer Houghton
11am -12	Gentle Yoga	Jennifer Houghton
<b>Sunday</b>		
3-4:15pm (see dates below)	Prenatal Yoga <b>***NEW***</b>	Erin Urton

**Class Descriptions**

**YOGA CLASSES**

<p><b>Vinyasa Flow Yoga - Thursdays, 6-7:15pm</b> <b>November 2 – December 6 classes</b></p>	<p>Register \$84 Drop-in \$15 To register contact Jennifer Houghton – see last page.</p>
<p>In this class you will move and strengthen your muscles as well as stretch them. In Vinyasa yoga, poses run together in a smooth way and become almost like a dance. The instructor may guide you to synchronize your breathing with the poses so the movement becomes almost meditative. Sun salutations may be included as well as a variety of movement sequences. Components include vinyasa, core strength, balancing, final relaxation. Appropriate for those with a small amount of yoga experience but you don't have to be an expert. Instructors: Nicole Beaudry, Jennifer Houghton, and special guest instructors</p>	


<b>Beginners Yoga</b> -Wednesdays, 6:15-7:30pm <b>November 3 – December 8, 6 classes</b>	Register \$84 Drop-in \$15 To register contact Jennifer Houghton – see last page.
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 & breathing. Aimed at improving alignment, strength, flexibility, concentration and relaxation. A blend of yoga traditions and styles including hatha, ashtanga, and anusara. Instructor: Jennifer Houghton	
<b>Gentle Yoga</b> – Fridays. 11am-12 <b>November 5 – December 10</b>	Drop-in \$14 Please contact Jennifer Houghton prior to dropping in for the first time – see contact info below.
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. Instructor: Jennifer Houghton	
<b>Kids Yoga</b> – Mondays, <b>Nov 8 – Dec 13, 6 classes</b> 4:15pm-5:10pm, 5-8 years old 5:15pm-6:10pm, 9-12 years old	Cost: \$65 To register and pay contact Lexie Major – see last page.
Children will learn a variety of yoga poses by imitating animals and objects in the environment, along with learning healthy breathing techniques that will help them to develop body awareness. They will gain flexibility, strength, coordination, and self-esteem along with focus, better sleep, and clarity of mind. Yoga for kids allows children to use a lot of energy, have fun, relax and learn to focus all at the same time. Encourages self-esteem and body awareness that's non-competitive. Instructor: Lexie Major	
<b>Lunchtime Yoga</b> , Mondays, 12-12:50 <b>Nov 1 – Dec 13, 7 classes</b>	Drop-in \$14 Please contact Jennifer Houghton prior to dropping in for the first time – see contact info on last page.
All levels. A blend of easy flow, hatha and anusara yoga to leave you feeling relaxed, refreshed, and energized. As always, we finish with Savasana (guided relaxation) to melt away stress - aaahhhh. Instructor: Jennifer Houghton	
<b>Mindful Yoga</b> , Thursdays, 9:15-10:30 am <b>Nov 4 – Dec 16, 7 classes</b>	To register and pay contact instructor Doug MacLean. Register: \$88 (including GST) Drop In: \$15
For those with little or no yoga experience and also beneficial for experienced yogis. Joins together Hatha yoga poses and the practice of mindfulness: we learn to practice the yoga poses with concentration, full awareness of physical sensations, and letting go of internal judgments in a way that promotes relaxation, joy, and well-being. It is a way to learn about yourself and to experience yourself as whole and complete. Poses are practiced slowly and the emphasis is on finding a balance between effort and relaxation.	
<b>Mindfulness Meditation</b> , Thursdays, 10:45am-12 <b>Nov 4 – Dec 16, 7 classes</b>	To register and pay contact instructor Doug MacLean. Register: \$88 (including GST) Drop In: \$15
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.	
<b>Mixed Level Yoga Blend</b> Tuesdays, 9:15-10:30am, Nov 2 – Dec 14, 7 classes OR Wednesdays, 7:45-9pm, Nov 3 – Dec 15, 7 classes	Register \$98 Drop-In \$15 To register please contact Jennifer Houghton – see last page.
Advanced beginners to intermediate. Each class is a different blend of Ashtanga, Flow, Anusara, Hatha, Yin, and other styles. 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. Instructor: Jennifer Houghton	

<b>Mysore Yoga Practice</b> –Weekdays, 6:30-8:30am, Sept 20-Dec 17 (No classes Sept 23 or Oct 7)	Contact Patrick Copping for registration, pricing, and observation info.
All levels. This is Ashtanga Yoga as it is taught in its traditional form from the source in Mysore, India. The teacher assists each student as necessary and works individually with the students as they move at their own pace through a set series of postures. Different from practicing in a led class environment, the Mysore practice allows for one-on-one instruction and more specific guidance from the teacher. Curious beginners are welcome to observe a practice by contacting instructor Patrick Copping.	

<b>Prenatal Yoga,</b> Sundays, 3-4:15pm, Nov 14, 28, Dec 12, 19	Register \$69.30 To register contact Jennifer Houghton – see last page.
Prenatal yoga can help you feel better through your pregnancy and help with birthing and recovery afterward. Physical benefits include postural alignment, better circulation, and breathing. You can also connect with other women who are going through the same life changes you are – mentally, physically and emotionally. No previous yoga experience required. Instructor: Erin Urton	

<b>Yin Yoga,</b> Tuesdays, 8:10-9:25pm, Nov 2 – Dec 7, 6 classes OR Thursdays, 7:30-8:45pm, Nov 4 – Dec 9, 6 classes	Register \$84 Drop In \$15 (please call prior to dropping in the first time) To register contact Jennifer Houghton – see last page.
A gentle class for beginners or a restorative class for those with a dedicated practice. This class works on opening the hips, back and shoulders through long gentle holds. Excellent for athletes: by passively stretching the connective tissue around the joints, you can increase range of motion, stability, and strength in the ligaments. Yin can help us move with greater ease, calm, and comfort. Instructors: Jennifer Houghton on Tuesdays, Nicole Beaudry on (most) Thursdays (with some occasional guest instructors).	

### SPECIALTY CLASSES

	Mondays Register: \$36 (for last 3 classes) Mondays Drop In: \$14 You must sign-up for the FREE classes by calling or emailing Jennifer Houghton. You can attend any or all of the free ones.
Mondays, 8:05-9:10pm, Nov 1-Dec 13, 7 classes– <b>First 4 Monday classes are FREE!</b> Wednesdays, 10:30-11:30am, Nov 3–24 - <b>These 4 Wednesday classes are FREE!</b>	
Bellyfit is a fusion fitness experience for women that blends the power and wisdom of ancient cultures with technology and trends of the modern world. Burn calories, relieve stress, and get the sweat flowing through cardio moves infused with Belly Dance, Bollywood, Bhangra, African Dance and more. Plus sculpting, toning, core work and a relaxing yoga inspired stretch and Mudra Meditation. For more info see: <a href="http://www.Bellyfit.ca">www.Bellyfit.ca</a> Instructor: Jennifer Houghton	

<b>Callanetics</b> - Mondays, 7-8pm Sept 13-Dec 13 (No class Oct 11)	To register and pay contact instructor Rhonda Bleau. \$175.50 (Registration on-going rate pro-rated to start date)
Takes the grace and fluidity of ballet and the mind/body synergy of yoga and combines them to tone and reshape the body. When performed correctly, seemingly easy and simple techniques have amazing results. Concentrating on elongating muscles eccentrically, working deeper into the muscle fibers building more strength without the bulk. Incorporating all-important stretching, creating a balance of strength, flexibility and overall sense of well-being. Small, delicate, fluid movements which do not jar or strain joints.	

<b>Tribal Fusion,</b> Fridays, 9:30-10:30 am Nov 5 – Dec 17, 7 classes	Register: \$84 Drop In: \$14 (Please call prior to dropping in the first time) To register contact Jennifer Houghton – see below.
A dance class for non-dancers. A fun, low-impact fitness class designed for women of any age, size or ability. We blend dance-inspired moves from Africa and around the world with infectious rhythms. With a little smooth jazz moves thrown in you can't help but want to shake & groove! An effective workout (mostly cardio with a stretch at the end), but refreshing and exhilarating rather than exhausting. Usually done barefoot but wear shoes if necessary. Instructor: Jen Houghton	

<b>Core Strength I</b> - Tuesdays, 1-2pm OR 6-7pm Nov 2 – Dec 14	To register contact Denise Brochu – see last page. Cost to register: \$175
This class is designed around Dr. De Gasquet's principles of layering in the core using various positions. This is a great class for those who want better posture, core strength, and to enhance their athletic performance. We primarily progress into planks alternating with stretches. Instructor: Denise Brochu	

<b>Advanced Core Strength</b> Tuesdays, 7-8pm, Nov 2 – Dec 14 Thursdays, 1-2pm, Nov 4 – Dec 16	To register contact Denise Brochu – see last page. Cost to register: \$175
Incorporates Thomas Myer's Anatomy Trains using core lines found in other parts of the body. We used rollers, nubbies and blocks, all to help facilitate core strengthening. This is a challenging class and Core I is required as a prerequisite. Instructor: Denise Brochu	

<b>Roller/Theraband Advanced Core,</b> Tuesdays, 12-1, November 2 – Dec 14	To register contact Sunshine Physiotherapy 981-1991 Cost to register: \$175
This is an advanced class using the roller as an unstable equipment while we do core exercises. The exercises are done standing, lying, kneeling and bridging on the roller, we use small weight balls and theraband for those who need some increased resistance or if they need a specific muscle included, for most we add gluteus medius. Instructor: Celia Gjosund	

## WORKSHOPS

### **FREE – INTRO TO AYURVEDA.**

Learn the roots of Ayurveda and discover your dosha. With Jennifer Houghton and Marla Vovchuk. Saturday, November 6, 2-4pm.

**Master Stress with Mindful Meditation and Yoga,** Saturday, November 13, 1-5pm.

Practical techniques for reducing stress and feeling calmer. With Doug MacLean. See website for details.

**Yoga and Writing: Finding Joy in the Chaos – Overcome Obstacles and Celebrate Life,** Sunday, November 21, 10am-5:30pm

With Michele Gunderson. For more information see Michele's website: [www.languageofyoga.com](http://www.languageofyoga.com)

## REGISTRATION AND CONTACT INFORMATION

### **IMPORTANT!**

- To register and pay for classes instructed by **Jennifer Houghton, Nicole Beaudry, or Erin Urton** contact Jennifer Houghton
- To register, pay, and inquire about rates for classes with **all other instructors** contact them directly – see below.

#### **For classes led by Jennifer Houghton, Nicole Beaudry, or Erin Urton:**

Phone: Jennifer Houghton 403-932-6109

Email: [jennifer@flowingyogi.com](mailto:jennifer@flowingyogi.com)

Website: [www.FlowingYogi.com](http://www.FlowingYogi.com)

Cash or cheques accepted (made payable to Jennifer Houghton). Prices include GST.

**Drop In Policy:** please call or email Jennifer Houghton prior to dropping in for the first time.

**Refund Policy:** Refunds issued in the case of illness with a doctor's note. If you must miss classes due to extenuating circumstances contact Jennifer Houghton to find out if transfers to other courses or sessions (led by Nicole or Jennifer) are possible.

**Makeup Policy:** you can make up a class during the same session in another class led by Jennifer or Nicole. Please email or call Jennifer prior to attending the makeup class.

**Seniors Discount** – age 60 plus take 5% off all rates below.

**Family Discount** – 2 or more family members who register at once take 5% off all rates above.

**7-Class Pass** – \$101.50 for 90 minute classes. \$94.50 for 50/60 minute classes. May be interchangeably used for classes taught by Jennifer or Nicole. **Must be used up prior to the end of the calendar year.**

### Other Instructor Contact Info:

**Rhonda Bleau:** 403-681-3439, [rhonda@canadiancallanetics.com](mailto:rhonda@canadiancallanetics.com), [www.canadiancallanetics.com](http://www.canadiancallanetics.com)

**Patrick Copping:** 403-932-9355, [ashtanga-sangha@hotmail.com](mailto:ashtanga-sangha@hotmail.com)

**Michele Gunderson:** 800-689-1007, [www.languageofyoga.com](http://www.languageofyoga.com)

**Doug MacLean:** 403-998-7213, [dhmaclean@shaw.ca](mailto:dhmaclean@shaw.ca), [www.mbsrcalgary.ca](http://www.mbsrcalgary.ca)

**Denise Brochu:** 403-981-1991, [denise.brochu@gmail.com](mailto:denise.brochu@gmail.com), [www.sunshinephysio.com](http://www.sunshinephysio.com)

**Lexie Major:** 403-998-5671, [justbe.yoga@yahoo.ca](mailto:justbe.yoga@yahoo.ca)