



Flowing Yogi Yoga Studio, 126 – 2 Avenue West, Cochrane  
403-932-6109, [www.FlowingYogi.com](http://www.FlowingYogi.com), [jennifer@flowingyogi.com](mailto:jennifer@flowingyogi.com)

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

**SUMMER 2011 Flowing Yogi Studio Class Schedule Published June 22. Check for updates on the website.**

<b>Monday</b>		
6:30-8:30am	Mysore Yoga Practice	Patrick Copping
<b>Tuesday</b>		
6:30-8:30am	Mysore Yoga Practice	Patrick Copping
9:15-10:30am	Mixed Level Yoga	Jennifer Houghton
<b>Wednesday</b>		
6:30-8:30am	Mysore Yoga Practice	Patrick Copping
9:45-10:45am	Intro to Classical Yoga	Patrick Copping
7:45-9:00 pm	Mixed Level Yoga Blend	Jennifer Houghton
<b>Thursday</b>		
6:30-8:30am	Mysore Yoga Practice	Patrick Copping
9:15am-10:30am	Mindful Yoga	Doug MacLean
10:45am-12	Mindfulness Meditation	Doug MacLean
8:15-9:30pm	Outdoor Yoga in the Park	Tara Anderson
<b>Friday</b>		
6:30-8:30am	Mysore Yoga Practice	Patrick Copping
11am -12	Gentle Yoga	Jennifer Houghton

**Info in this box applies to classes with Jennifer Houghton**

Register or enquire: **Jennifer Houghton 403-932-6109** or 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.

**Seniors Discount** – age 60 plus take 10% off all rates above. *You must tell me if you are over 60! I won't ask ☺*

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

**Referral Bonus** – refer a friend who registers for a full session or 7-class pass and you both receive a single class pass.

**7-Class Pass** – \$101.50 for 90-minute classes. \$84 for 50/60-minute classes. May be used for classes taught by Jennifer. **Must be used within 365 days of purchase.**

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

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

**Refund Policy:** Refunds issued in the case of illness with a doctor's note.

**To Register and Pay with all other instructors contact them directly**

<b>Tara Anderson</b>	587-896-1788	<a href="mailto:tarakayln.anderson@gmail.com">tarakayln.anderson@gmail.com</a> , <a href="http://www.creativespityoga.ca">www.creativespityoga.ca</a>
<b>Patrick Copping</b>	<a href="mailto:ashtanga-sangha@hotmail.com">ashtanga-sangha@hotmail.com</a> , you can also contact via Facebook "Patrick Copping"	
<b>Doug MacLean</b>	403-998-7213	<a href="http://doug@practicalwellbeing.ca">doug@practicalwellbeing.ca</a> , <a href="http://www.practicalwellbeing.ca">www.practicalwellbeing.ca</a>

Updates are highlighted in yellow

**Introduction to Classical Yoga, Wednesdays, 9:45-10:45am, July 20 – Aug 31, 7 classes**

To register contact Patrick Copping – see page 1

Based on the Yoga Sutras of Patanjali, we will explore yoga philosophy, Sanskrit chanting, pranayama and asana. All levels are welcome. It is a registered class. Instructor: Patrick Copping

**Gentle Yoga – Fridays. 11am-12, July 8 - August 19**

**Drop In \$14 OR 7-Class Pass \$84** Please contact Jennifer Houghton prior to dropping in for the first time – see contact info above.

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

**Mindful Yoga, Thursdays, 9:15-10:30 am**  
June 23, 30, July 7, 14, August 4, 11, 18, 25

To register and pay contact instructor Doug MacLean.  
Register or Drop In

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.

**Mindfulness Meditation , Thursdays, 10:45am-12**  
June 23, 30, July 7, 14, August 4, 11, 18, 25

To register and pay contact instructor Doug MacLean.  
Register or Drop In

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.

**Mixed Level Yoga Blend**

Tuesdays, 9:15-10:30am, July 5 – Aug 16, 7 classes **OR**  
Wednesdays, 7:45-9pm, July 6 – Aug 17, 7 classes

Register \$98 7-Class Pass \$101.50  
Drop-In \$15  
To register please contact Jennifer Houghton – see page 1.

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 and a teeny-bit-o-meditation. Instructor: Jennifer Houghton

**Mysore Yoga Practice –Weekdays, 6:30-8:30am,**  
**July 18 – Sept 2**

Contact Patrick Copping for registration, pricing, and observation info – see page 1

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.

**Outdoor Yoga in the Park - Thursdays, 8:15-9:30pm**  
July 7 through until weather permits

Location: William Camden Park behind tennis court (west of Glenpatrick Crescent and the rodeo grounds) or Flowing Yogi Studio (bad weather)  
Contact Tara Anderson to register – see page 1

Come out and breathe in the fresh air, stretch and tone your body and quiet the mind. Classes are free of charge and based on the Buddhist principle of giving and generosity, known as Dana. The principle of Dana consists not so much in the act of giving as in the feeling of wanting to give, of wanting to share what you have with other people. Based on your experience you are free to make a donation. Classes will be held behind the tennis courts. If it rains, the group will meet at the Flowing Yogi Studio. Instructor: Tara Anderson