



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

Winter 2011 - updated March 10

Flowing Yogi Studio Class Schedule

Monday		
6:30-8:30am	Mysore Yoga Practice	Patrick Copping
12-12:50	Lunchtime Yoga & Relaxation	Jennifer Houghton
7-8 pm	Callanetics – <i>Low Impact Fitness</i>	Rhonda Bleau
8:05-9:10pm	Bellyfit – <i>Fusion fitness for women</i>	Jennifer Houghton
Tuesday		
6:30-8:30am	Mysore Yoga Practice	Patrick Copping
9:15-10:30am	Mixed Level Yoga	Jennifer Houghton
10:45-11:45am	Bellyfit	Jennifer Houghton
12-1pm	Roller/Theraband Advanced Core	Celia Gjosund
6-7 pm	Core Strength 1	Denise Brochu
7-8 pm	Core/Yoga	Denise Brochu
8:10-9:25pm	Yin Yoga	Jennifer Houghton
Wednesday		
6:30-8:30am	Mysore Yoga Practice	Patrick Copping
9:45-11:00am	Gentle Therapeutic Yoga	Alana Burton
6:15-7:30 pm	Beginners Yoga	Jennifer Houghton
7:45-9:00 pm	Mixed Level Yoga Blend	Jennifer Houghton
Thursday		
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	Core/Yoga	Denise Brochu
6:15-7:30pm	Hatha Yoga – Kripalu Style	Tara Anderson
7:45-9:00pm	Power Yoga *NEW	Stacey Budziak
Friday		
6:30-8:30am	Mysore Yoga Practice	Patrick Copping
9:30-10:30am	African Groove – <i>African Dance Fitness</i>	Jennifer Houghton
11am -12	Gentle Yoga	Jennifer Houghton
Saturday		
9-10:15am	Vinyasa Flow Yoga	Stacey Budziak
3-4pm	Bellyfit – fusion fitness for women	Jennifer Houghton
Sunday		
3-4:15pm (see dates below)	Prenatal Yoga	Erin Urton

CLASS DESCRIPTIONS, DATES, AND REGISTRATION INFORMATION IS ON THE FOLLOWING PAGES.

Beginners Yoga -Wednesdays, 6:15-7:30pm January 12 – March 30, 12 classes	Register \$168 Drop-in \$15 7-Class Pass \$101.50 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	
Gentle Yoga – Fridays. 11am-12, January 14 – April 1 Drop In \$14 7-Class Pass \$84	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	
Gentle Therapeutic Yoga , Wednesdays, 9:45-11am *NOTE NEW TIME*	February 16 – March 30, 7 classes Register \$84 To register contact Alana Burton – see last page.
No previous yoga experience required. This class is appropriate for all ages. Become aware of the flow of your breath and learn to perform movement in a pain free and tension free range of motion. Rediscover how to move your joints in their optimal range of motion which, with practice, leads to dissolving tension or pain. Therapeutic yoga is beneficial for those with conditions such as fibromyalgia, arthritis, lupus, multiple sclerosis, shoulder injury, or back, knee, hip or neck pain. Instructor: Alana Burton	
Hatha Yoga – Kripalu Style - Thursdays, 6:15-7:30pm Session 1: January 13-February 17, 6 classes Session 2: February 24-March 30, 6 classes	Register \$84 Drop-in \$15 7-Class Pass \$101.50 To register contact Jennifer Houghton – see last page.
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 includes postures - standing, seated and balancing to aid in flexibility , strength and balance. In addition to the physical practice Kripula yoga also includes 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. Instructor: Tara Anderson	
Lunchtime Yoga , Mondays, 12-12:50 January 10 – March 28 (no class Feb 21)	Drop-in \$14 7-Class Pass \$84 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	
Mindful Yoga , Thursdays, 9:15-10:30 am January 13 – Feb 24, 7 classes Mar 10 – April 24, 7 classes	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.	
Mindfulness Meditation , Thursdays, 10:45am-12, January 13 – Feb 24, 7 classes March 10- April 24, 7 classes	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.	
Mixed Level Yoga Blend Tuesdays, 9:15-10:30am, January 11 – Mar 29, 12 classes OR Wednesdays, 7:45-9pm, January 12 – Mar 30, 12 classes	Register \$168 7-Class Pass \$101.50 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

Mysore Yoga Practice –Weekdays, 6:30-8:30am,
January 3 - April 8 (no classes full or new moon days)

Contact Patrick Copping for registration, pricing, and observation info – see below.

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.

***NEW* Power Yoga**
Thursdays, 7:45-9pm, Feb 17-Mar 24, 6 classes

Register \$84 Drop In \$15 7-Class Pass \$101.50
To register contact Jennifer Houghton – see last page.

A vigorous yoga practice focusing on building strength in upper and lower body as well as core. Improve flexibility and build heat in the body through vinyasa flow sequences incorporating planks, chair poses, challenging one-legged balances and arm strengtheners. Increase stamina, endurance, and mental concentration. Some yoga experience required. Instructor: Stacey Budziak

Vinyasa Flow Yoga, Saturdays, 9-10:15am
Session 1: January 15 – February 19, 6 classes
Session 2: February 26 – April 2, 6 classes

Register \$84 Drop In \$15 7-Class Pass \$101.50
To register contact Jennifer Houghton – see last page.

Move and strengthen your muscles as well as stretch them. 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 meditative. Sun salutations 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. Instructor: Stacey Budziak

Yin Yoga,
Tuesdays, 8:10-9:25pm, Jan 11 – Mar 29, 12 classes

Register \$168 Drop In \$15 7-Class Pass \$101.50
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. Instructor: Jennifer Houghton

SPECIALTY CLASSES

African Groove, Fridays, 9:30-10:30 am
Session 1: January 14 – February 18, 6 classes
Session 2: February 25 – April 1, 6 classes

Register: \$66 (6 classes) 7-Class Pass \$84
Drop In: \$14 (Please call prior to dropping in the first time)
To register contact Jennifer Houghton to register – see below.

No dance experience necessary – just a desire to shake and groove. A fun, low-impact fitness class. A blend of dance-inspired moves and rhythms from Africa to get your body moving. 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. Usually done barefoot but wear shoes if necessary. Instructor: Jennifer Houghton

Bellyfit, Mondays, 8:05pm-9:10pm
Session 1: Jan 10 – Feb 14, 6 classes
Session 2: Feb 21-Mar 28, 6 classes
Session 1: Tuesdays, 10:45-11:45am, Jan 11 – Feb 15, 6 classes
Session 2: ~~Tuesdays, 10:45-11:45am, Feb 22 – Mar 29, 6 classes~~
Saturdays, 3-4pm, January 15-Feb 26 (no class Feb 12), 6 classes

Register: \$66 (6 classes)
Drop In \$14 7-Class Card \$84
To register contact Jennifer Houghton – see below.
Tuesday is cancelled in March. Will resume April 5.

A fusion fitness class for women combining cardio moves inspired by Bollywood, Bellydance, and African dance. Class starts with a 4-minute guided posture check and opening meditation, then 35 minutes of cardio, cool down and isolations. We then move to the floor for Pilates-inspired core work, a yoga-inspired stretch, and finish with a brief Mudra Meditation. All levels – no dance experience necessary. Aerobics/running shoes. See www.Bellyfit.ca. Instructor: Jen Houghton

Callanetics - Mondays, 7-8pm
January 10 - April 11, (no class February 21)

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.

Core Strength I - Tuesdays, 5:45-6:45pm
March 1 – April 19

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

Core/Yoga
Tuesdays, 6:50-8pm Mar 1 – April 19 **OR**
Thursdays, 1-2pm, Mar 3 – April 21

To register contact Denise Brochu – see last page.
Cost to register: \$175

In this class we use rollers and we strengthen our core through hard planks. We finish the class with some challenging yoga poses applying the principles we learned in Core 1. Prerequisite is Core Strength 1. Instructor: Denise Brochu

Advanced Core with Roller/Theraband,
Tuesdays, 12-1, Mar 1 – April 19

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

Info in this box applies to classes with Jennifer Houghton, Stacey Budziak, and Tara Anderson.

To Register or Enquire phone: **Jennifer Houghton 403-932-6109** or Email: **jennifer@flowingyogi.com**

Website: **www.FlowingYogi.com**

Cash or cheques accepted (made payable to Jennifer Houghton). Prices in brochure include GST. Paypal is also available through website - prices are approximately 3% higher using Paypal.

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 interchangeably used for classes taught by Jennifer, Stacey, or Tara. **Must be used up within 365 days of purchase.**

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 Stacey, Jennifer or Tara) are possible.

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

To Register and Pay with all other Instructors contact them directly:

Rhonda Bleau	403-681-3439	rhonda@canadiancallanetics.com, www.canadiancallanetics.com
Denise Brochu	403-981-1991	denise.brochu@gmail.com, www.sunshinephysio.com
Alana Burton	403-620-6486	alana@yogaevolution.ca
Patrick Copping	ashtanga-sangha@hotmail.com, you can also contact via Facebook "Patrick Copping"	
Doug MacLean	403-998-7213	doug@practicalwellbeing.ca, www.practicalwellbeing.ca