

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

Program Guide NOVEMBER-DECEMBER 2011

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	SATURDAY
	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 Level 1 Jennifer Houghton	9:15-10:30AM R/DI/7 Beginner's Yoga Jennifer Houghton
12:05 - 1PM DI/7 *NEW Gentle Yoga Jennifer Houghton	12:05-12:50 DI/7 *NEW Meditation & Breathing to Soothe Pain 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 Denise Brochu	1-2:15PM R Yoga & Core Denise Brochu		12:10-1:10pm R Roller/Core Class Celia Gjosund		
5:30-6:45PM R/DI Yoga Flow Tara Anderson	5:30-6:45PM R Chakra Yoga Tara Anderson	6:15-7:15PM R/DI/7 African Groove Intro Level Jennifer Houghton	5:30-6:30PM R Core Denise Brochu	5:45-6:45PM R/DI/7 Bellyfit Dance Fitness Jennifer Houghton	
7-8PM R Callanetics Rhonda Bleau	7-8pm R/DI/7 Power Yoga Jennifer Houghton	7:45-9PM R/DI/7 Mixed Level Yoga Blend Jennifer Houghton	6:45-8PM R Yoga & Core Denise Brochu		
	8:10-9:25PM R/DI/7 Yin Yoga Jennifer Houghton				

See next page for
 instructor contact info.
 Specialty Class
 Descriptions see p. 1
 Yoga Class
 Descriptions p.2+3
 Published Oct 12, 2011

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: \$84 for 45-minute or 1-hour classes. \$101.50 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@creativespirtityoga.ca

Website: www.creativespirtityoga.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 classe:

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 classe:

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

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.

Intro Level

Wednesdays, 6:15-7:15pm, Nov 2 to Dec 14, 7 classes

Register= \$80.50, Drop In \$14, 7-Class Pass=\$84

Level 1

Fridays, 9:30-10:30am, Nov 4 to Dec 16, 7 classes

Register = \$80.50, Drop In = \$14, 7-Class Pass=\$84

Contact Instructor Jennifer Houghton

Bellyfit (for women)

A fun and fresh combination of moves inspired by Bollywood, Bellydance, and African dance. Starts with a guided posture check & opening meditation, 35 minutes of cardio, cool down and isolations. Then Pilates-inspired core work and a yoga-inspired stretch. For women of all levels – no dance experience necessary. Aerobics/running shoes. See www.Bellyfit.ca.

Fridays, 5:45-6:45pm, Nov 4 To Dec 16, 7 classes

Register= \$80.50, Drop In=\$14, 7-Class Pass=\$84

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, Sept 12 to Dec 12, 13 classes

***no class Oct 10 Thanksgiving**

Register = \$175.50

Contact Instructor Rhonda Bleau

Core

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.

Core

Mondays, 1:10-2:10pm, Nov/Dec, 7 Classes

Register \$175

Thursdays, 5:30-6:30pm, Nov/Dec, 7 classes

Register \$175

Contact Instructor Denise Brochu, Physical Therapist

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.

FREE CLASS OCT 27 - CONTACT DOUG

Thursdays, 10:45-12, Nov 3 to Dec 15, 7 classes

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

Ages 50+ get 20% discount

Contact Instructor Doug Maclean

Meditation & Breathing to Soothe Pain

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.

Tuesdays, 12:05-12:50pm, Nov 1 to Dec 13

Drop In = \$14, 7-Class Pass=\$84

Contact Instructor Jennifer Houghton

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, Nov/Dec, 7 classes

Register \$175

Contact Sunshine Physio (Celia's clinic)

Yoga 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.

Saturdays, 9:15-10:30am, Nov 5 to Dec 17, 7 classes

Register=\$98, Drop In=\$15, 7-Class Pass=\$101.50

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, Sept 20 to Nov 29

Preregister for first 7 classes = \$105 (required)

Total Session 11 classes = \$154

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.

***NEW Mondays, 12:05-1pm, Oct 31 to Dec 12**

Fridays, 11am-12, Sept 16 To Dec 16

Drop In=\$14, 7 Class Pass=\$84

Contact Instructor Jennifer Houghton

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.

FREE CLASS OCT 27 - CONTACT DOUG

Thursdays, 9:15-10:30am, Nov 3 to Dec 15, 7 classes

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

*Ages 50+ get 20% discount

Contact Instructor Doug Maclean

Mixed Level Yoga Blend

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.

Tuesdays, 9:15-10:30am, Nov 1 to Dec 13, 7 classes

Register=\$98, Drop In=\$15, 7-Class Pass=\$101.50

Wednesdays, 7:45-9pm, Nov 2 to Dec 14, 7 classes

Register=\$98, Drop In=\$15, 7-Class Pass=\$101.50

Contact Instructor Jennifer Houghton

Yoga Classes Continued

Power Yoga

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.

Tuesdays, 7-8pm, Nov 1 to Dec 13, 7 classes

Register=\$80.50, Drop In=\$15, 7-Class Pass=\$101.50

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 in the ligaments. Yin can help everyone move with greater ease, calm, and comfort. All levels.

Tuesdays, 8:10-9:25pm, Nov 1 to Dec 13, 7 classes

Register=\$98, Drop In=\$15, 7-Class Pass=\$101.50

Contact Instructor Jennifer Houghton

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!

Tuesdays, 1-2:15pm, Nov/Dec, 7 classes

Register= \$175

Thursdays, 6:45-8pm, Nov/Dec, 7 classes

Register= \$175

Contact Instructor Denise Brochu, Physical Therapist

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, Sept 12 to Nov 21, 11 classes**

Register=\$132, Drop In = \$15

Contact Instructor Tara Anderson