

# YOGA & TEA

## S • T • U • D • I • O

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### FALL SCHEDULE

Sept 3 – Dec 20, 2019

**Save 10% off!**  
**Flexible Class Passes**  
Until Friday, Aug 30<sup>th</sup>

Use promo code online:  
**WEBFALL2019**

### Top 10 Reasons to do Yoga

1. Stress Relief
2. Pain Relief
3. Better Breathing
4. Flexibility
5. Increased Strength
6. Weight Management
7. Improved Circulation
8. Cardiovascular Conditioning
9. Better Body Alignment
10. Focus on the Present

Monday	Tuesday	Wednesday	Thursday
9:00am-10:30am <b>Hatha Yoga</b> with Navjit Kaur	9:00am-10:30am <b>Kundalini Yoga</b> with Navjit Kaur	9:00am-10:30am <b>Yin Yoga</b> with Navjit Kaur	9:00am-10:30am <b>Hatha Yoga</b> with Navjit Kaur

<b>Hatha Yoga</b>	Strength & flexibility! This class features traditional yoga poses to work on posture & alignment, breathing techniques and meditation. This class is suitable for all levels and beginners are welcome!
<b>Kundalini Yoga</b>	Vitality! The most comprehensive of yoga traditions. Each class features a theme kriya; a combination of yoga poses, breathwork, meditation, and mantra. This class is for those seeking all that yoga has to offer.
<b>Yin Yoga</b>	S-T-R-E-T-C-H...this style of yoga increases circulation in the joints and improves flexibility by targeting the connective tissues of the hips, pelvis and lower spine. This class is suitable for all levels and beginners.

Navjit Kaur Sidhu, E-RYT 500, RPYT, RCYT	Yoga & Tea Studio
I have been teaching yoga since 2005, and my approach is to make classes accessible and safe for you. I layer my teaching style for you to de-stress, to heal, be challenged and still feel rejuvenated. I am certified at the highest level of designation with Yoga Alliance, as an experienced yoga teacher trainer and continuing education provider. Join me on your mat!	Established in 2008, our award-winning studio features small class sizes for up to 10 people, which results in more personalized attention for you. Our studio is a friendly, clean, welcoming, non-competitive environment, with access to a variety of yoga props and accessories for use during class. Enjoy a complimentary cup of tea and chat after each class!

### Yoga Class Fees

1. "Pay as you go" (drop-in fee), or
  2. Flexible Class Pass (5, 10 & 20)
    - most cost-effective,
    - attend as frequently as you like
    - **Save 10% off until Fri, Aug 30<sup>th</sup>!**
- Use promo code: WEBFALL2019

All passes expire June 30, 2020	Cost Per Class	Total Cost
Drop-in (paid online)	\$15.93	\$18
Drop-in (paid at the door)	\$17.70	\$20
5 Class Pass	\$15.00	\$75+HST
10 Class Pass	14.00	\$140+HST
20 Class Pass	12.00	\$240+HST

SPECIALTY CLASSES		
<b>12-Weeks to Better Health: Ten Bodies Tune-up</b>	<p>10 bodies?! You most likely identify with having a body, mind and a soul; however, according to Kundalini Yoga, we have "Ten Bodies" to look after:</p> <ul style="list-style-type: none"> <li>the physical body,</li> <li>three mental bodies (negative, positive, neutral minds)</li> <li>six energy bodies (soul, arcline, aura, pranic, subtle, radiant)</li> </ul> <p>According to yoga anatomy, the root of all disease exists first in one of these bodies before it manifests outwardly. So, by strengthening and balancing the Ten Bodies, we can make ourselves healthier as well!</p>	<p>9:00am-10:30am, Tuesdays Sept 10 – Nov 26 (12 weeks) \$180 +HST <b>Save 10% until Tues, Sept 3!</b></p>
<b>MELT Method Level 1: Hand &amp; Foot Treatment</b>	<p>Treat your aches &amp; pains! By stimulating the hands and feet with MELT balls, this easy-to-learn treatment can help reduce common painful symptoms:</p> <ul style="list-style-type: none"> <li>hand, foot, back, and neck pain</li> <li>plantar fasciitis, bunions, neuromas</li> <li>arthritis, carpal tunnel syndrome, trigger finger</li> <li>even headaches, gut issues, and insomnia!</li> </ul> <p>Handouts provided for home practice.</p>	<p>11:15am-12:15pm, Tuesdays Sept 10 – Oct 8 (5 weeks) \$125 +HST <b>Save 10% until Tues, Sept 3!</b></p>
<b>MELT Method Level 2: Soft Roller Techniques</b>	<p>Got pain? The issues are in your tissues! Learn simple and gentle self-massage techniques, using the MELT soft roller, to ease stuck stress that lives in the neck, shoulders, back, hips, and legs.</p> <p>Handouts provided for home practice.</p>	<p>11:15am-12:15pm, Tuesdays Oct 15 – Nov 12 (5 weeks) \$125 +HST <b>Save 10% until Tues, Oct 8!</b></p>
<b>MELT Method Level 3: Map Sequences</b>	<p>Reduce stiffness! Learn how to combine the treatments covered in Level 1 &amp; 2, in order to tailor a practice that addresses your body's needs in the moment. Some new moves are taught, as you finesse your skill.</p> <p>Handouts provided for home practice.</p>	<p>11:15am-12:15pm, Tuesdays Nov 19 – Dec 17 (5 weeks) \$125 +HST <b>Save 10% until Tues, Nov 12!</b></p>

YOGA TEACHER TRAINING PROGRAMS		
<ul style="list-style-type: none"> <li>For personal &amp; professional development</li> <li>Train 1-weekday a week, keep your weekends free</li> <li>Yoga Alliance approved programs; certify to teach anywhere in the world</li> <li>Receive an official Tuition Fee Tax Receipt for tax credit</li> <li>Small class sizes – only 10 spots available</li> <li>Whole foods, plant-based lunches included</li> <li>"Best Health &amp; Wellness Business of the Year" 2010-2015</li> <li>Free Info Session (book online) – Tour the studio, meet the trainer, program overview, question &amp; answer period</li> </ul>		
<b>200hr Hatha Yoga Teacher Training</b>	<p>Want a deeper understanding of yoga? Learn the foundational poses, breath techniques, meditation, history, philosophy, anatomy, chakras, Ayurveda, teaching methodology, sequencing, how to establish a personal practice and much more!</p>	<p>9:00am-5:00pm, Mondays Sept 23-March 30 (23 weekdays) \$2999 +HST <b>Save \$200 off until August 23!</b> Book your spot with a \$250+HST deposit</p>
<b>30hr Yin Yoga Teacher Training</b>	<p>Stretch your body, expand your mind! In this training, learn how to sequence and practice Yin Yoga poses, which target the connective tissues of the hips, pelvis, &amp; lower spine, to provide better flexibility &amp; mobility. Learn about Chinese Meridian theory, history, philosophy, breathing, meditation &amp; mindfulness.</p>	<p>9:00am-5:00pm, Wednesdays Oct 2, 9, 16, 23 (4 weekdays) \$799 +HST <b>Save \$50 off until Sept 18!</b> Book your spot with a \$125+HST deposit</p>
<b>30hr Restorative Yoga Teacher Training</b>	<p>Learn the art of relaxation! This training covers poses which deeply nourishes the nervous system and counters our chronic stress response. Learn how to use props effectively to find ease in the pose and address a variety of ailments with poses, breathwork and food.</p>	<p>9:00am-5:00pm, Wednesdays Nov 6, 13, 20, 27 (4 weekdays) \$799 +HST <b>Save \$50 off until Oct 23!</b> Book your spot with a \$125+HST deposit</p>
<b>200hr Kundalini Yoga Teacher Training</b>	<p>Harness your pure potential! Learn this most ancient and unaltered style of yoga practiced today, as taught by Yogi Bhajan. Learn impactful kriyas (yoga sequences), breath techniques, meditation (silent and mantra), history, philosophy, Humanology, Ayurveda, anatomy and yogic anatomy.</p>	<p>9:00am-5:00pm, Tuesdays Feb 14-Sept 29 (2 wknds + 18 weekdays) \$2999 +HST <b>Save \$200 off until January 17!</b> Book your spot with a \$250+HST deposit</p>

Visit our website for more information about program dates, curriculum, photos & testimonials from previous graduates!