

YOGA & TEA

S • T • U • D • I • O

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WINTER SCHEDULE

January 6 – March 31, 2020

Save 10% off!
Flexible Class Passes
Until Friday, Jan 3rd

Use promo code online:
WEBWINTER2020

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 Hatha Yoga with Kathy	9:00am-10:30am Kundalini Yoga with Navjit Kaur	9:00am-10:30am Yin Yoga with Navjit Kaur	9:00am-10:30am Hatha Yoga with Navjit Kaur

Hatha Yoga	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!
Kundalini Yoga	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.
Yin Yoga	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, Jan 3rd!**
- Use promo code: WEBWINTER2020

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

Yoga for Women's Health	Sleep issues? Sluggish digestion? Moods all over the place? Low Energy? Discover yoga poses, breath and meditation techniques that are valuable for women to practice in order to promote hormonal health, vitality and mood! Empower yourself by learning simple self-care practices that will encourage radiant health and make you feel great! This 7-week series is open to beginners and is a wonderful way to start the new year 😊	9:00am-10:30am, Tuesdays Jan 7 – Feb 18 (7 weeks) \$108 +HST Save 10% until Tues, Dec 31!
MELT Method Level 1: Hand & Foot Treatment	Treat your aches & pains! By stimulating the hands and feet with MELT balls, this easy-to-learn treatment can help reduce common painful symptoms: <ul style="list-style-type: none"> • hand, foot, back, and neck pain • plantar fasciitis, bunions, neuromas • arthritis, carpal tunnel syndrome, trigger finger • even headaches, gut issues, and insomnia! Handouts are provided for home practice. MELT equipment is provided for use during class and can be purchased separately for home use.	11:15am-12:15pm Wednesdays Jan 8 - Feb 5 (5 weeks) \$125 +HST Save 10% until Wed, Jan 1! 11:15am-12:15pm Wednesdays Feb 12 – March 11(5 weeks) \$125 +HST Save 10% until Wed, Feb 5!

YOGA TEACHER TRAINING PROGRAMS

- For personal & professional development
- Train 1-weekday a week, keep your weekends free!
- Yoga Alliance approved programs; certify to teach anywhere in the world
- Receive an official Tuition Fee Tax Receipt for tax credit
- Small class sizes – only 10 spots available
- Whole foods, plant-based lunches included
- “Best Health & Wellness Business of the Year” 2010-2015
- Free Info Session (book online) – Tour the studio, meet the trainer, program overview, question & answer period

200hr Hatha Yoga Teacher Training	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!	9:00am-5:00pm, Thursdays Jan 16 – June 25, 2020 (23 weekdays) \$2999 +HST Save \$200 off until Dec 16! Book your spot with a \$250+HST deposit
200hr Kundalini Yoga Teacher Training	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.	9:00am-5:00pm, Tuesdays Feb 14-Sept 29 (2 wknds + 18 weekdays) \$2999 +HST Save \$200 off until January 17! Book your spot with a \$250+HST deposit
30hr Yin Yoga Teacher Training	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, & lower spine, to provide better flexibility & mobility. Learn about Chinese Meridian theory, history, philosophy, breathing, meditation & mindfulness.	9:00am-5:00pm, Wednesdays April 8, 15, 22, 29 (4 weekdays) \$799 +HST Save \$50 off until March 25! Book your spot with a \$125+HST deposit
30hr Restorative Yoga Teacher Training	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.	9:00am-5:00pm, Wednesdays May 6, 13, 20, 27 (4 weekdays) \$799 +HST Save \$50 off until April 22! Book your spot with a \$125+HST deposit

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