



Spring Class Schedule

Apr. 4- Jun. 25, 2016

To Register:
 info@harmonytreestudio.com
 204.822.9943
 www.harmonytreestudio.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am Power Pilates Sheena			9:00 am Yogalates *45 min class Sheena		7:30 am Power Yoga Sheena
10:30 am Mom & Baby Yogalates *6 week enrollment with childminding Starts Apr. 4 Sheena			5:30 pm Belly Dance Isolations *6 week drop-in format! Joelle	11:00 am Restorative Yoga *75 min class Tawny	9:00 am Free Meditation (First Saturday of the month)
5:30 pm Pilates Sheena		6:00 pm Meditation Daphne *6 week drop-in format!	5:30 pm Hatha Yoga Lindsay		9:30 am Yin Yoga Sheena
6:00 pm Belly Dance Intermediate Joelle	6:00 pm Power Pilates Sheena *NEW TIME!	6:00 pm Karma Yoga LaDawn	6:30 pm ABC Jackie *New Class!		
6:30 pm Pre-natal Yoga *6 week enrollment Sheena	7:15 pm Restorative Yoga *75 min class Sheena	7:15pm Vinyasa Flow Brooke	7:15 pm Beginner Yoga Brooke		
7:30 pm Yin Yoga Sheena	7:30 pm Hatha Yoga Angela	8:30pm Slow Flow Brooke		<div style="border: 1px dashed black; padding: 5px;"> <p>App Registration</p> <ol style="list-style-type: none"> 1. Download free mindbody connect app from app store. 2. Search & favourite Harmony Tree Studio. 3. Scroll calendar for desired class. 4. Click book & pay now. </div>	
8:00 pm Belly Dance 101 Joelle	8:30 pm Yogalates Sheena	8:30 pm Align Yoga Angela	8:30pm Power Yoga Brooke		

Class Descriptions

Yoga	Belly Dance	Enrollments	Pilates	Specialities
<p><u>BEGINNER YOGA:</u> This class will introduces novice students to basic yoga poses, breathing techniques and overall personal awareness</p> <p><u>FIT FLOW YOGA:</u> A sequenced based Hatha yoga class that improves flexibility, strength and self-awareness. This class is appropriate for all skill levels.</p> <p><u>HATHA YOGA:</u> This class includes standing, sitting and reclined poses. This class is suitable for those who have never done yoga before.</p> <p><u>POWER (ASHTANGA) YOGA:</u> This class will follow the original Primary Series. Some yoga knowledge will be an asset for this class.</p> <p><u>SLOW FLOW YOGA:</u> End your evening with a slower paced class that links postures to breath. This class will include standing, seated and prone postures and is appropriate for all skill levels.</p> <p><u>VINYASA FLOW:</u> A flowing dynamic form of yoga that links postures with breath in a sequence. This class is more challenging and some yoga knowledge would be an asset.</p>	<p><u>BELLY DANCE 101:</u> A gentle entry into the world of dance modeled after middle eastern style or belly dance. The class will be taught in an active style- so be prepared to sweat. No previous dance experience required, perfect for those who consider themselves inactive or “out of shape” as the dance is low impact.</p> <p><u>BELLYDANCE ISOLATIONS:</u> This strength building dance class is designed to help you tone your core. This class is suitable for all levels, no dance experience required. Drop ins are welcome.</p> <p><u>BELLY DANCE INTERMEDIATE:</u> Take the skills learned in Belly dance 101 and progress into more advance choreography.</p>	<p><u>MOM & BABY YOGALATES:</u> Perfect for the new mom as this class will tone your whole body. It is also a great time to bond with your baby.</p> <p><u>PRENATAL YOGA:</u> This gentle class will help mothers-to-be relieve sore muscles & mentally relax. Exercises will be modified throughout the pregnancy to ensure safety and comfort.</p> <p><u>YOUTH YOGA:</u> Open to 9+ years old. This class is a safe intro into the world of yoga.</p> <div data-bbox="846 908 1103 1193" data-label="Image"> </div>	<p><u>PILATES:</u> This mat based class will strengthen your core using a variety of Stott Pilates exercises. This class is open to beginners.</p> <p><u>POWER PILATES:</u> Burn lots of calories with this interval based class. It is a full body workout that uses Pilates small equipment to challenge your core, arms and legs.</p> <p><u>ABC (arms, butt & core):</u> This resistance training class includes traditional calisthenics and body weight exercises which target arms, butts and core muscles.</p> <p><u>YOGALATES:</u> A great combination class that includes a mix of Hatha yoga postures and challenging Pilates exercises. This class will fatigue your muscles, but leave you stretched and relaxed.</p>	<p><u>MEDITATION:</u> Learn different types of meditation to enhance your awareness skills. Living in the moment helps to manage our lives from a balanced place. This kind and gentle practice helps us to come to know ourselves in a new way. No previous meditation experience required.</p> <p><u>ALIGN YOGA:</u> A hatha class with strong Iyengar alignment principles. Learn how to use props for safe & accurate postures. Open to beginners.</p> <p><u>KARMA YOGA:</u> This hatha yoga class is by donation (\$10 recommended). All money raised from this class aids Morden Collegiate HASTA (Hopeful, Aware Students Taking Action) as they support education for girls around the world.</p> <p><u>RESTORATIVE YOGA:</u> Find relief in long, effortless positioning designed to allow your body to release tension and restore vital energy.</p> <p><u>YIN YOGA:</u> Long held poses that challenge the body and the mind while. Promoting a deeper sense of strength and flexibility. This class is open to beginners.</p>

Prices: Drop in- \$12 5 Class Pass- \$55 10 Class Pass- \$100 20 Class Pass- \$180

Class passes are for any classes (excluding enrollments) and expire six months from date of purchase.
Enrollment class passes can only be used for the class and term for which they are purchased.