



Summer Class Schedule

July 4- Sept. 2, 2016

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

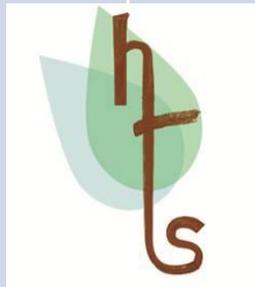
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 am Total Body Toning Amanda		7:00 am Karma Yoga in Bethel Heritage Park		7:30 am Beach Yoga *45 min class Lindsay		7:00 am Karma Yoga in Bethel Heritage Park
		9:00 am ABC Sheena		9:30 am Mom & Baby Stroller Fit *5 week enrollment Starts July 8 Sheena	9:00 am Free Meditation (First Saturday of the month)	
				11:00 am Restorative Yoga *75 min class Tawny	9:30 am Yin Yoga Sheena	
5:30 pm Pilates Sheena	6:00 pm Power Pilates Sheena		6:30 pm ABC Sheena			
6:30 pm Total Body Toning Amanda	7:15 pm Restorative Yoga *75 min class Sheena	7:15pm Vinyasa Flow Brooke	7:30 pm Yogalates *45 min class Sheena			
6:30 pm Beginner Yoga *6 week enrollment Starts July 4	7:30 pm Hatha Yoga Angela	8:30pm Slow Flow Brooke	7:30 pm Sunset Yoga in Stepler Park Lindsay			
7:30 pm Yin Yoga Sheena			8:30pm Power Yoga Brooke			

App Registration

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.

Class Descriptions

Yoga	Outdoor Classes	Pilates	Specialities
<p><u>BEGINNER YOGA:</u> This 6 week class will introduces novice students to basic yoga poses, breathing techniques and overall personal awareness.</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>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>	<p><u>KARMA YOGA BETHEL HERITAGE PARK:</u> This takes place in Bethel Heritage park, Winkler. This hatha yoga class is by donation (\$10 recommended). All money raised from this class aids mental health projects. This class runs rain or shine.</p> <p><u>BEACH YOGA:</u> A sequenced based Hatha yoga class on the boardwalk of Colert Beach. This class will energize, improves flexibility, strength and self-awareness. This class is appropriate for all skill levels. This class is weather dependent and cancellations will be posted online 60 minutes before class.</p> <p><u>SUNSET YOGA:</u> A great way to unwind and relax in nature. This class is great for novices. New students are welcome. This class is weather dependent and cancellations will be posted online 60 minutes before class.</p>	<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>TOTAL BODY TONING:</u> Using small equipment to work both your large and small muscles for full body toning.</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>MOM & BABY STROLLER FIT:</u> Enjoy the company of other mom's as you enjoy this interval based power walking class. The class will always meet at Harmony Tree Studio and the class will have the option to run inside if its raining. This class includes cardio, strength training and flexibility for full body benefits. Children and babies in strollers can attend.</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>



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.