

# queen street yoga

MAR/APR  
2017

## Intro to Yoga • (7 wks/\$100+hst)

Mon, 7:45pm • Monica • Mar 6 - Apr 24  
Tues, 7:45pm • Emma • Mar 7 - Apr 18  
Thurs, 7:45pm • Monica • Mar 23 - May 4  
Sat, 10:00am • Leslie • Apr 1 - May 27  
Sun, 7:45pm • Lisa • Apr 2 - May 28

## Go Deeper: Intermediate Yoga with Carin Lowerison

Sun, 7:30pm • Mar 26 - May 14 (7 wks)

## Yoga for Round Bodies™ with Julie Raineault

Tues, 6:00pm • Mar 7 - Apr 18 (7 wks)

## Yoga for Anxiety & Depression with Marg Hull

Mon, 6:00pm • Mar 6 - May 1 (7 wks)  
Mon, 6:00pm • Mar 8 - May 3 (7 wks)

## Yoga for Runners & Athletes with Amanda Soikie

Wed, 7:45pm • Mar 8 - Apr 19 (7 wks)

## Deep Core Recovery for Women with Kristina Lekin

Tues, 6:00pm • Apr 25 - June 6 (7 wks)

## Chakra Yoga with Amanda Ingall

Sun, 6:00pm • Mar 12 - Apr 23 (6 wks)

## Mindful Movement & Meditation with Danette Adams

Mon, 7:45pm • Apr 3 - May 15 (6 wks)

## Parent & Peanut with Julie Zettel

Tues, 10:00am • Feb 28 - Apr 4 (6 wks)  
Tues, 10:00am • Apr 18 - May 23 (6 wks)

## Dynamic Feet & Foundations

with Leena Miller Cressman  
Sunday, Apr 30 • 2:00-4:30pm

## Movement Explorations with Emma Dines

Sat, Apr 8 • 3:00-5:00pm • Bending & Spiraling

## Family Yoga with Amanda Soikie

Sundays: Mar 26, Apr 2, Apr 9 • 1:30-2:45pm

## 200-hour Yoga Teacher Training starts Sept 2017!

Info session • Tues, Apr 25 • 7:30pm

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**DROP-IN CLASSES**

Mar 1 - Apr 30

## MONDAY

9:30am Expanding Flow Kris  
5:30pm Slow Flow Emma

## TUESDAY

6:30am Sunrise Practice Marg  
12:00pm Hour Flow Amanda S  
6:00pm Expanding Flow Emma  
7:45pm Prenatal Julie

## WEDNESDAY

9:30am Basics Monica/Leena  
5:30pm Slow Flow Amanda S  
7:45pm Expanding Flow Carin

## THURSDAY

6:30am Sunrise Practice Marg  
12:00pm Hour Flow Amanda S  
6:00pm Queer & Trans Yoga\* Natalie  
6:00pm Basics Emma  
7:45pm Rest & Renew Emma/Leena

## FRIDAY

9:30am Slow Flow Amanda S  
12:00pm Hour Flow Amanda S  
5:30pm Hour Flow Carin

## SATURDAY

10:00am Expanding Flow Carin

## SUNDAY

9:30am Slow Flow Kristina D.  
11:00am Expanding Flow Monica  
6:00pm Community Class\* Various

\*Community Classes and Queer & Trans Yoga are \$5 (no one turned away for lack of funds).

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