

YOGA COLLECTIVE

TIME	CLASS	LEVEL	TYPE	INSTRUCTOR
MONDAY				
10am	Restorative Yoga	G	0	Meredith
11:30am	Parent & Baby Yoga	G/M	S	Meredith
4:15pm	Yoga for Teens	M	S	Meredith
5:30pm	Beginner Yoga	G/M	0	Kymm
7:30pm	Ananda-based Yoga	G/M	0	Heather
TUESDAY				
9:15am	YOGAenergy	M/V	0	Beth
5:30pm	Ashtanga-based Yoga	M/V	0	Paul
7:30pm	Nia®	G/M/V	0	Leslie
WEDNESDAY				
9:15am	Yin Yoga	M	0	Margot
10:45am	Gyrokinesis®	G/M/V	0	Claire
5:45pm	Prenatal Yoga	G/M	S	Meredith
7pm	Vinyasa Flow Yoga	V	0	Meredith
THURSDAY				
9:15am	Hatha Yoga	M	0	Kymm
11am	Gentle Yoga & Meditation	G	0	Kymm
4:30pm	Yoga for Children	G/M	S	Meredith
5:30pm	Restorative Yoga	G	0	Meredith
7pm	Therapeutic-based Yoga	G/M	S	Christine
FRIDAY				
9am	Ashtanga-based/Yin Yoga	M/V	0	Margot
10:30am	Ananda-based Yoga	G/M	0	Heather
noon	Meditation	G	0	Margot
5:15pm	Yoga for Children	G/M	S	Meredith
SATURDAY				
9am	Nia®	G/M/V	0	Leslie
10:30am	YOGAenergy	M/V	0	Beth
noon	Dancing for Birth™	G/M	S	Leslie
4pm	Ananda-based Yoga	G/M	0	Heather
SUNDAY				
10:30am	Hatha & Therapeutic-based Yoga	G/M	0	Christine

0 = Ongoing – you are welcome at any time!

S = Sessional – please call the instructor to arrange when to begin.

LEVEL: **G** = Gentle | **M** = Moderate | **V** = Vigorous



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FEES

New to the Yoga Collective? Try two weeks of unlimited classes for \$20! After that Single class \$15 (\$10 for students). One month of unlimited classes for \$100! Class Cards of five classes (\$65), ten classes (\$120) or twenty classes (\$220) have a four-month expiry. Class fees enable us to maintain our wonderful space!
WE ACCEPT ONLY CASH AND CHEQUE PAYMENTS.

YOGA COLLECTIVE INSTRUCTORS AND THERAPISTS

Heather Barnes	519.275.2146
Beth Beech	519.273.3856
Meredith Brown	519.272.9679
Kymm Franken	519.272.0838
Paul Krempien	519.348.9686
Margot Pronovost	519.348.9686
Leslie Switzer	519.229.6344
Christine Thomas	519.275.1137
Nicola Usher	519.949.3822

Please contact instructors for information about the styles and intensity level of any of their classes.

The following treatments are also available at the Collective: **MASSAGE THERAPY, THAI MASSAGE, SHIATSU MASSAGE, HYPNOTHERAPY, REIKI, REFLEXOLOGY, CRANIOSACRAL THERAPY** and **HOT STONE MASSAGE**. Please visit our website or call the Yoga Collective at 519.271.1153 for details.

Yoga books, props and Made In Canada clothing is for sale before and after classes. Ask your instructor for more details or contact **Kymm Franken | The Yoga Shop | 519.272.0838**
email: bendybod@rogers.com



www.yogacollective.com

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