May & June 2019

For more information, class descriptions, and schedule updates, visit **www.yogawithin.ca**.

FULL CLASS SCHEDULE

DAY	TIME	CLASS NAME	CLASS TYPE	INSTRUCTOR
Monday				
	6:00 - 7:00am	Sunrise Yoga	Registered/Drop-in	Melanie
	9:15 - 10:30am	Ashtanga Basics Yoga	Drop-In	Melanie
	9:15 - 10:30am	Hatha Yoga	Drop-In	Darria
	1:00 - 2:15pm	Gentle Yoga	Registered	Sharon
	5:45 - 7:00pm	Hip Opener Yoga	Drop-In	Aly
	7:15 - 8:30pm	Hatha Yoga	Drop-In	Ryan
	7:15 - 8:30pm	Yoga & Meditation	Registered	Maggie
Tuesday				
	9:15 - 10:30am	Hatha Yoga	Drop-In	Melanie
	11:00am - 12:00pm	Mum & Baby Yoga	Registered	Roxanne
	5:45 - 7:00pm	Yin/Restorative Yoga	Drop-in	Corinne
	7:15 - 8:30pm	Hatha Yoga	Drop-In	Melanie
	7:15 - 8:30pm	Prenatal Yoga	Registered	Corinne
Wednesday				
	6:00 - 7:00am	Sunrise Yoga	Registered/Drop-in	Aly
	9:15 - 10:30am	Hatha Yoga	Drop-In	Melanie
	9:30 - 11:00am	Iyengar Yoga	No studio passes: Email jdhook@shaw.ca to register	Janette
	11:30am - 12:45pm	Yin Yoga	Drop-In	Glenda
NEW!	1:00 - 2:00pm	Realignment Yoga	Drop-In	Candace
	5:45 - 6:45pm	Gentle/Beginner Yoga	Registered	Glenda
	5:45 - 7:00pm	Hip Opener Yoga	Drop-In	Aly
	7:15 - 8:30pm	Hatha Yoga	Drop-In	Melanie
	7:15 - 8:30pm	Ashtanga-Inspired Flow Yoga	Drop-In	Tracy
Thursday				
	9:15 - 10:30am	Hatha Yoga	Drop-In	Melanie
	1:00 - 2:15pm	Gentle Yoga	Registered/Drop-In	Darria
	5:30 - 7:00pm	Iyengar Yoga	No studio passes: Email jdhook@shaw.ca to register	Janette
	5:45 - 6:45pm	Restorative Yoga	Drop-In	Sharon
	7:00 - 8:15pm	Hatha Yoga	Drop-In	Ryan
	7:15 - 8:15pm	Gentle/Beginner Yoga	Registered	Darria
	8:30 - 9:45pm	Yin Yoga	Drop-In	Aly
Friday				
	6:00 - 7:00am	Sunrise Yoga	Registered/Drop-in	Louise
	9:15 - 10:30am	Hatha Yoga	Drop-In	Karen
	9:15 - 10:30am	Intermediate Ashtanga Yoga	Drop-In	Melanie
Saturday				
	9:00 - 10:15am	Hatha Yoga	Drop-In	Catherine/Glenda
	10:30 - 11:45am	Yoga for Stress Release	Drop-In	Rejoice/Roxanne
NEW!	10:30am – 12:00pm	Trauma Informed Yoga	Registered	Jeremy
	12:00 - 1:15pm	Yin Yoga	Drop-In	Rebecca
Sunday				
	9:15 - 10:15am	Beginner Hatha Yoga	Free with *Food Bank* donation	New Teachers
	10:45am - 12:00pm	Hatha Yoga	Drop-In	Lori
	12:15 - 1:30pm	Restorative Yoga	Drop-In	Glenda/Rebecca
	3:00 - 4:30pm	Kundalini Yoga	No studio passes: Email satwinder108@gmail.com to register	Satwinder
	5:00 - 6:30pm	Happy Hearts Meditation	No studio passes: Drop-In with cash donation	Various
	6:45 - 8:00pm	Hatha & Yoga Nidra	Drop-In	Aly

Yoga Within

Create the Balance

May & June 2019

9014 - 75 Street, Edmonton

780-450-9642

www.yogawithin.ca

loveit@yogawithin.ca

May & June Registered Classes

Registered classes not meeting minimum enrolment will be cancelled.

MONDAY **7 WEEK SESSION**

Gentle Yoga with Sharon
May 6 – June 24 1:00 – 2:15pm $98
(no class May 20)

Yoga & Meditation with Maggie
May 6 – June 24 7:15 – 8:30pm $98
(no class May 20)

TUESDAY **4 WEEK SESSION**

Mum & Baby Yoga with Roxanne
May 7 – May 28 11:00am – 12:00pm $56
(6 weeks to crawling)

Mum & Baby Yoga with Roxanne
June 4 – June 25 11:00am – 12:00pm $56
(6 weeks to crawling)

TUESDAY **8 WEEK SESSION**

Prenatal Yoga with Corinne
May 7 – June 25 7:15 – 8:30pm $112

WEDNESDAY **9 WEEK SESSION**

Gentle/Beginner Yoga with Glenda
May 1 – June 26 5:45 – 6:45pm $126

THURSDAY **9 WEEK SESSION**

Gentle Yoga with Darria
May 2 – June 27 1:00 – 2:15pm $126

Gentle/Beginner Yoga with Darria
May 2 – June 27 7:15 – 8:15pm $126

SATURDAY **7 WEEK SESSION**

Trauma Informed Yoga with Jeremy
May 4 – June 29 10:30am – 12:00pm $105
(no class June 8 & 22)

Passes & Drop-In Rates

Monday to Friday AM-Only 10-Class Pass	$105
Regular 10-Class Pass	$145
Student/Senior Regular 10-Class Pass	$115
Monthly Unlimited Drop-In Pass	$125
Student/Senior Monthly Unlimited Drop-In Pass	$105
Adult Drop-In	$18
Student/Senior Drop-In	$14
New Client 2-Week Unlimited Drop-In Pas	$35

PRICES DO NOT INCLUDE GST

See our website for full descriptions of our classes & workshops
www.yogawithin.ca

Call 780-450-9642 for more information or to register

Yoga Within
Create the Balance

Upcoming Workshops & Classes

Whole Body Alignment Approach to Hand & Elbow Pain with Jill Gaumont
Saturday, April 27 9:00 – 10:30am $25

Yoga Stories & Philosophy with Tara Woltjen
Sunday, April 28 10:00 – 11:30am $30

Celebrating & Honoring the Divine Goddess Within with Satwinder Sran
Friday, May 10 7:00 – 9:00pm $30
$30 before May 10 / $40 at the door

Neck & Shoulder Release with Carri Fjell
Saturday, May 11 12:30 – 2:00pm $25

Yin Yoga & Yoga Nidra for Deep Rest with Aly Daly
Friday, May 24 7:00 – 9:00pm $30

Intro to Whole Body Alignment & Mindful Strength with Jill Gaumont
Saturday, June 8 9:00am – 12:00pm $40

Yoga & Body Rolling with Anita Sielecki
Friday, June 14 6:30 – 8:30pm $30

Summon Summer Joy Yin Yoga & Yoga Nidra with Aly Daly
Friday, June 28 7:00 – 9:00pm $30

25-Day Sunrise Yoga Challenge
with Melanie, Aly & Louise

Mondays, Wednesdays & Fridays
May. 1 – June 28 (no class May 20)
6:00 – 7:00am
$150 ($6/class)

Complete all classes & receive a 5-Class Drop-In Pass!
(make-up classes do not count)

Trauma Informed Yoga with Jeremy Bell
Registered Psychologist & Certified Yoga Instructor

May 4 – June 29 (no class June 8 & 22)
10:30am – 12:00pm
$105

Trauma informed yoga can help us reconnect with the true self that lies within the center of our being.

Studio Closed
Sunday, May 19 & Monday, May 20

200-Hour Hatha Yoga Teacher Training

with Senior Teacher, Melanie Checknita

September 2019 - April 2020

Deepen your practice, deepen your journey.
Space is limited. Register now!

See our website for details.

Upcoming Yoga Vacations & Retreats

Getting Back to Nature Yoga Retreat
Palisades Centre in Jasper National Park
With Melanie Checknita

August 23 – 25, 2019

Portugal Yoga Vacation
With Melanie Checknita
September 28 – October 7, 2019

They fill up fast – save your spot today!
For more information call 780-450-9642

Awaken Your Inner Radiance
Summer Solstice Retreat
with Satwinder Kaur Sran

June 21 6:00 – 9:00pm
$35 before June 21 / $45 at the door

June 22 6:00 – 8:30am
$30 before June 21 / $45 at the door (includes breakfast)

June 22 10:30am – 5:00pm
$85 (includes lunch)

Total price for both days including breakfast & lunch: $154

Deepen Your Ashtanga Practice 18-Hour Intensive
with Melanie Checknita

Friday, April 26 5:00 – 9:00pm
Saturday, April 27 12:00 – 5:00pm
Friday, May 3 5:00 – 9:00pm
Saturday, May 4 12:00 – 5:00pm

$180

Whole Body Alignment Yoga 5-Day Intensive
with Jill Gaumont

July 8 – 12
10:00am – 4:30pm
$515