

Fall '09

Potential Class Schedule

Mondays Sept 21 – Nov 23 No class Oct 12
(9 week) \$141.75 incl. gst./session

7:30pm – 8:45pm Shama-Bhakti Open
9:00pm – 10:00pm Pranayoga/Athletes

Tuesdays Sept 22 – Nov 24 (10 week) \$157.50 incl. gst./session

8:00pm – 9:15pm Shama-Bhakti Open
9:30pm – 10:30pm Pranayoga/Athletes

Wednesdays Sept 23 – Nov 25 (10 week) \$157.50 incl. gst./session

7:15pm – 8:45pm ShamaLama Ding Dong
9:00pm – 10:00pm PranayogaCORE/Athletes

Thursdays Sept 24 – Nov 26 (10 week) \$157.50 incl. gst./session

7:45pm – 8:45pm Shama-Bhakti Open
9:00pm – 10:00pm Pranayoga/Athletes

Fridays Sept 25 – Nov 27 (10 week) \$157.50 incl. gst./session

10:30am – 11:30am Shama-Bhakti Open
7:00pm – 8:45pm (Specialty class; Please refer to
Specialty Classes section)

Saturdays Sept 26 – Dec 12 No class Oct 10, Oct 24, Nov 21
(3, 3-week) each session \$55, (9 week) \$141.75 incl. gst./session

2:30pm – 4:30pm Ashtanga Full Primary Series/
Self Practice

Sundays Sept 27 – Nov 29 No class Oct 11
(9 week) \$141.75 incl. gst./session

11:30am – 12:45pm Shama-Bhakti Open
1:00pm – 2:00pm PranayogaCORE/Athletes
2:30pm – 4:00pm (Workshop; Please refer to Workshop section)

Terms and Conditions for all Class Sessions and Workshops

- All classes are multi-week sessions (see above). Please register by session.
- Please register for classes at least 48 hrs. prior to start of session. Please call first.
- Register at studio or call first and drop off payment to studio in envelope; specify which class you are registering for with your name, phone number and email.
- Payment due upon registration.
- You may register for more than one session at a time (see Fees).
- Refunds are pro-rated and subject to \$25 cancellation fee.
- For missed classes: you may 'make up' classes within session – no carry overs. Classes are non-transferable.
- You may attend other classes by: buying another session, 'dropping-in' (see Fees) or for 'make up' class.
- If you do not buy a session, you may 'drop-in' to any class during the week provided class is running. Please check website.
- Classes and workshops are subject to change or cancellation if minimum numbers not met.
- Workshops – register same as above.
- We accept cash or cheque, payable to: Shama-Bhakti Yoga Centre.

Sign up for classes and workshops and let's do some yoga!

All classes will continue into the Christmas season w/two 3-week sessions as long as there are participants. Check the Class Calendar!

CLASS OFFERINGS

All classes are Pre-Registered and run for 10 weeks.

Shama-Bhakti yoga classes are a whole yoga experience. They offer in one class the elements of practice that develop the mind and body, resulting in a rewarding practice that will take you from beginner to advanced practitioner as you join us in the studio week to week, day to day.

Shama-Bhakti OPEN (SBY Open) - a more relaxed rhythm to the class based on the Vinyasa practice (Ashtanga, Flow, Power, etc.), introducing and applying basic/intermediate movements of yoga to your practice involving adjustments and personal attention. Good for All levels. (a.k.a. SB Yoga★)

ShamaLama Ding Dong - a more intense class. Jamming to rock, pop, and hip hop music roaring out of speakers. Loads of fun, and it kicks a**! This class builds stamina, endurance, and flexibility quickly. For best results, add this class to your routine and join us often. In a few weeks you will see how far you've come! Come try ShamaLama and kick it up a notch!

Pranayoga/PranayogaCORE - a slow and breath-full Hatha class that can only be described as a moving meditation. It is perfect for beginners, and anyone who is working with an injury... It also complements anyone's more vigorous Ashtanga and Vinyasa practice! PranayogaCORE is excellent for those who want to build their core-body strength, especially athletes, women who have had children, etc.

Yoga for Golfers/Athletes - this class is hyphenated with 'Pranayoga/PranayogaCORE' classes because they address issues facing athletes such as: posture, balance, rotation, knee and lower back problems, flexibility in hips and shoulders, etc. It also addresses focus and concentration. This is a great class for any athlete wanting to improve their performance regardless of what Sport: running, golf, hockey, racquet sports! It will enhance and transform your game! (Also offered in small groups and private sessions.)

Ashtanga Full Series/Self-practice - led and self-practice classes for the aspiring yogi! Mysore or self-practice is a traditional way to practice yoga and can help work out the kinks of any practice (beginner-advanced).

Ashtanga is the grandfather of 'Vinyasa', 'Power', 'Flow' etc. It is a beautiful practice and if you have been practicing without experiencing the Full Series then it's worth trying out. This class is offered in three 3-week sessions or one 9-week session.

THE NEXT STEP: DEEP IMMERSION/TEACHER TRAINING Jan. '10 - a comprehensive and in-depth investigation into Yoga and you. Please see website.

A SPECIAL OFFER:

For each 'SBY Open' session you sign up for you get one free pass to a 'ShamaLama Ding Dong' class per session.

For each 'Pranayoga' session, you can come to one SBY Open class per session. Please check the website, and be sure to sign up!

UPCOMING WORKSHOPS & SPECIALTY CLASSES

FRIDAYS @ 7:00PM

Shama - BhaktiBeat

Offered every three weeks \$20/class (always check class calendar on site)

September 25, October 16, November 06, & 27, December 18

A yoga event. Vinyasa class to the beat of a live drum! For your yoga flo yo!

SATURDAYS & SUNDAYS @ 2:30PM

These workshops are two-day sessions. One and a half hours/day. Come join us! Christine always makes these explorations fun and informative! \$50 for the weekend incl. gst (\$30 for each day)

Stand Where You Are

Saturday & Sunday October 25, 26 2:30pm – 4pm

This specialty workshop investigates the standing postures including balance, of the Vinyasa practices of Ashtanga, Flow, and Power yoga, etc. During this workshop you will learn how to move into these postures safely, efficiently and more freely, deepening your understanding of each posture and the practice as a whole. Then as a twist you will learn how these very postures can deeply effect your forward bends.

The 3 Kings:

Chaturanga, Upward Dog, Downward Dog

Saturday & Sunday November 21, 22 2:30pm – 4pm

This specialty workshop investigates the three most visited postures in Ashtanga, Vinyasa, Flow, and Power yoga. If you feel these postures elude you or you just want to know more then come join us.

Thai Massage for Couples

Sunday November 29 2:30pm – 5pm \$45/person incl. gst.

Come join us and share in this wonderful gift with your partner! Learn a few techniques from this ancient practice and give yourself the chance to offer and receive relaxation and respite during this hectic season.

SUNDAYS @ 7:00PM

Meditation

September 20, October 18, November 15, December 13

Introduction to different techniques from Yogic and Buddhist meditation traditions. Beginners welcome. Bring something firm to sit on and wear comfortable clothing. Minimum \$10 donation fee or a class pass. (always check class calendar on site)

All classes and workshops are Pre-Register. Check web and email or call.

A TASTE OF SHAMA-BHAKTI

Before you sign up for a class session, you might be wondering if you could try out one of our classes and see what we are all about! Well of course you can!!!! Please join us for a class from now till September 20th and see for yourself why Shama-Bhakti has the best reputation this side of the big city for personal attention, great instruction and wonderful spirited classes. Come and drop-in (\$20) and for signing up for a session that day, we will give you \$10 off your first session's price. Remember you can pay by cash or cheque. See you for class! (for new students only) The studio will be closed for a week. Please check the class calendar before coming.

FREQUENTLY ASKED STUFF

Who can do Yoga?
Young, old, male, female, just about anybody. You don't have to be flexible or strong or in great shape to be welcomed at Shama-Bhakti. Anyone who wants it, anyone who desires it, anyone who has the commitment can do yoga.

How often should I practice?
Come as often as you can, but keep in mind once a week is bare minimum, twice a week is maintenance, and three or more times a week is optimal for best effect.

What should I bring?
Bring your enthusiasm. Bring your energy. Bring your sense of humor. A mat would be good too. If you don't have one we rent or sell them at the studio.

What should I wear?
Clean, comfortable, but not too loose, clothing that you would wear to any workout.

What about parking?
There is ample meter parking -- FREE after 6 pm.

What if I miss a class or two?
For missed classes: you may 'make up' classes within session -- no carry overs. Classes are non-transferable.

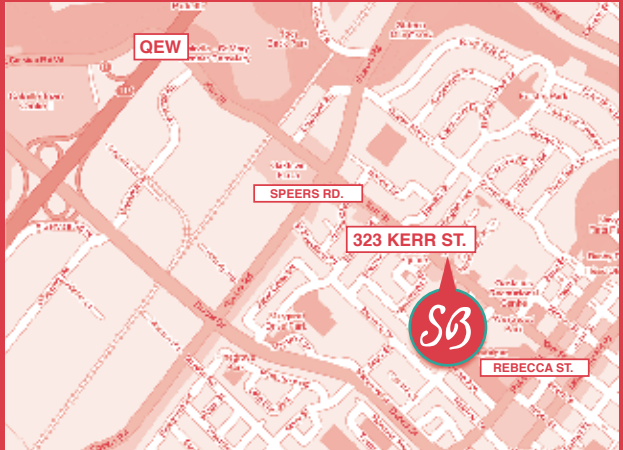
Please refrain from wearing scented products.

FEES

Effective January 25 '09.

10 week session	(see schedule)
2 x 10 week session	(add 2 together minus \$1/class)
3 x 10 week session	(add 3 together minus \$2/class)
'Drop-in' fee	\$20
Mat Rental	\$2
Mat Purchase	\$25+

MAP



The beauty of the Shama-Bhakti approach lies in that it has so much more to offer than a conventional workout or franchise yoga class. The practice directly works on awareness and heart opening through the 'yogas' that activate and exercise different aspects of a person's psyche and being.

"Yoga with Christine U is an invigorating experience! She guides you through each and every posture with great attention to detail and gentle reminders to breathe deeply into each new pose. Christine leads with outstanding example to challenge yourself to create deeper and stronger expressions of the practice through each and every movement. A truly inspiring journey!" Sherry



VINYASA
YOGA
PRANA
YOGA
ATHLETES
YOGA
ASHTANGA
YOGA
SHAMA-BHAKTI
YOGA
DAMN GOOD
YOGA

Shama-Bhakti
YOGA CENTRE

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