

**February, 2012**  
**Regular Temp. Yoga**



[www.sunyoga.ca](http://www.sunyoga.ca)  
 785 Pacific Road, Unit 15  
 Oakville  
 905-469-3309

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:30 Jasna 60 C 6:00 Sarah 60 H	2 9:30 Kimberley 75 A 12:05 Jasna 45 L 7:30 Tina 60 HV	3 9:30 Mary 60 GH	4 9:30 Sonja 60 H
5 12:00 Jasna 75 Y Yin with Reiki	6 9:30 Jasna 60 H 6:00 Tina 60 H1 7:30 Jasna 60 C	7 9:30 Jasna 60 H 12:05 Jasna 45 L 6:00 Free Meditation 7:30 Kimberley 75 H	8 9:30 Jasna 60 C 6:00 Sarah 60 H	9 9:30 Kimberley 75 A 12:05 Jasna 45 L 7:30 Tina 60 HV	10 9:30 Mary 60 GH	11 9:30 Sonja 60 H
12 12:00 Jasna 75 Y Yin with Reiki 1:30 Free Chi Kung	13 9:30 Jasna 60 H 6:00 Tina 60 H1 7:30 Jasna 60 C	14 9:30 Jasna 60 H 12:05 Jasna 45 L 7:30 Kimberley 75 H	15 9:30 Jasna 60 C 6:00 Sarah 60 H	16 9:30 Kimberley 75 A 12:05 Jasna 45 L 7:30 Tina 60 HV	17 9:30 Mary 60 GH	18 9:30 Sonja 60 H
19 12:00 Jasna 75 Y Yin with Reiki	20 9:30 Jasna 60 H 11:00 Free Family Yoga 6:00 Tina 60 H1 7:30 Jasna 60 C	21 9:30 Jasna 60 H 12:05 Jasna 45 L 6:00 Free Meditation 7:30 Kimberley 75 H	22 9:30 Jasna 60 C 6:00 Sarah 60 H	23 9:30 Kimberley 75 A 12:05 Jasna 45 L 7:30 Tina 60 HV	24 9:30 Mary 60 GH	25 9:30 Sonja 60 H
26 12:00 Jasna 75 Y Yin with Reiki	27 9:30 Jasna 60 H 6:00 Tina 60 H1 7:30 Jasna 60 C	28 9:30 Jasna 60 H 12:05 Jasna 45 L 7:30 Kimberley 75 H	29 9:30 Jasna 60 C 6:00 Sarah 60 H			

H Hatha Yoga: focus on alignment, breath and inner-intention while challenging your body. H1 Hatha for beginners.  
 Core is foundation of all movement. This class targets muscle groups that stabilize the trunk and major joints, balancing upper and lower body strength.  
 A Ashtanga is a more powerful, dynamic and challenging form of yoga incorporating postures from the Primary and Intermediate Series of Ashtanga Yoga.  
 GH Gentle Hatha Yoga: perfect for those who would like to work at slower pace.  
 CK Qigong or chi kung is the practice of aligning breath, movement, and awareness for health of mind, body, and spirit.  
 Y Yin and Reiki yoga is the balancing practice for your yang style of yoga. Wake up your Reiki energy through yoga.  
 HV Hatha Vinyasa Flow is more dynamic and challenging practice.  
 L Lunch time - 45 minutes yoga classes are a perfect way to revitalize, relax and release tension caused by daily stresses in the workplace and home.