

## Class Rates

Drop-in Classes	\$ 16.00
10 Pass Card	\$145.00
1 Month Unlimited	\$ 95.00
2 Months Unlimited	\$175.00
3 Months Unlimited	\$225.00
2-week Unlimited*	\$ 29.00

\*for new members

(Above prices include GST)

## REGISTERED CLASSES:

**Beginner Yoga** – Learn or review the basic principles of Yoga and become more comfortable in your Yoga practice. Learn basic postures, breath and relaxation techniques.

**Bootcamp** – Boost your fitness and energize your day with strength building moves and cardio activity in this multi-level class. Each class finishes with ab-work and stretching.

**Prenatal Yoga** – Support your self and your growing baby with specifically adapted postures and practices to help keep you healthy, balanced and relieve tension.

**Mom & Baby Yoga I&II** – You and your bundle of love will move together in this gentle, yet strengthening yoga experience. Babies should be before walking stage.

I - before crawling II - for babies that are crawling.

**Fertility Yoga** – Prepare for conception with movement, breath and relaxation techniques that help balance the abdomen region and the functions of your system for fertility. Sessions on nutrition, homeopathy and a partner class will be included.

**Kids Yoga** – Parents stay at home or enjoy a massage while your kids explore Yoga to improve balance, flexibility and strength, and also learn to relax and use fun breathing techniques to build focus and calm. This fun, light-hearted class is for kids ages 6 to 10.

**Heart of Yoga** – Explore how Yoga can help you create less agitation in all areas of your life by learning the 8-limbs of Yoga. Class includes movements, breath, sound, philosophy and meditation to help you create greater peace and calm in your life.

**Yoga Thrive** – A special class designed specifically for those who have or are dealing with cancer. This class is coordinated by the University of Calgary department of Kinesiology and run at Danu.

Danu Health Center  
849 1<sup>st</sup> Ave NE  
Calgary (Bridgeland)  
403-258-3268  
[www.danuhealth.com](http://www.danuhealth.com)

## CLASS DESCRIPTIONS

**Athletes** – Supplement your athletic schedule and improve performance with movements that build flexibility, improve core strength and balance your body, mind and breath. Suitable for the healthy beginner to intermediate student.

**Core Body** – Formerly called Ass & Abs Yoga, This class focuses on connecting to and strengthening the middle region of the body to develop strength, and to bring circulation and balance to these areas.. Class is suitable for the healthy beginner to intermediate student.

**Discover** – Learn the fundamentals of postures, breath work, meditation, and teachings of Yoga. Ideal for anyone new to Yoga, but suitable for all levels.

**Flow I-II**– Build balanced strength and release tight areas with movements connected by breath in this dynamic class. Focus and calm your mind as you move with presence. Class is suitable for all levels.

**Power Flow** – Strengthen and revitalize your system with postures to produce internal heat and a purifying sweat to strengthen and stretch muscles while detoxifying organs. Class is suitable for the healthy beginner to intermediate student.

**Strong & Open I & II** – Strengthen from the inside out. Learn how to strengthen and open your body with integrity, alignment and without straining the body or breath. Level I – suitable for all levels. Level II - intermediate class.

**Renew Flow**– Revitalize your system for the rest of your week with this gentle flow class. This class uses postures that balance and improve overall function of your body and mind with mindful movement and breath. Suitable for all levels and those with chronic injury.

**Restore** – ...is just that! Unwind after a long week with a restful yoga session. Enjoy long holds in relaxing postures with support through props, easy breath exercises and creative visualization. Suitable for all levels.

**Yin/Yang** – Practice a series of Yin-style postures, (long holds) to quietly stretch out areas that may have been dormant or hiding. Follow with Yang-style postures that flow and move to enjoy the new spaciousness in the hips and lower back. Suitable for all levels.



# Yoga Schedule - September/October 2009

<b>Monday</b>		
12-1pm 5:30-6:45pm 7:00-8:15pm	Strong & Open I Prenatal (Registered) Athletes	Maya Ja'net Maya
<b>Tuesday</b>		
7-8am 12-1pm 5:30-6:30pm 6:45-8:00pm 8:15 to 9:15pm	Bootcamp (Registered) Flow I-II Strong & Open I Flow I-II <b>WARM</b> Strong & Open II <b>HEATED</b>	Elaine Maya Maya Maya Ryan
<b>Wednesday</b>		
10:30 to 11:30am 12-1pm 4:30-5:15pm 5:30-6:30pm 6:45-8:00pm 8:15-9:15pm	Mom & Baby I (Registered) Flow I-II Kids (Registered) Flow I-II Discover Renew Flow	Ja'net Ja'net Sophie Sophie Sophie Ja'net
<b>Thursday</b>		
7-8am 12-1pm 1:30-2:30pm 5:30-6:30pm 6:45-8:00pm 8:15-9:15pm	Bootcamp (Registered) Flow I-II Mom & Baby II (Registered) Strong & Open I Flow I-II <b>WARM</b> Strong & Open II <b>HEATED</b>	Elaine Colleen Ja'net Ja'net Ja'net Ryan
<b>Friday</b>		
12-1pm 1:30-2:45pm 5:30-6:30pm	Strong & Open I Yoga Thrive Restore	Brette Sophie Robin
<b>Saturday</b>		
9-10am 10:10-11:10am 11:30-12:45pm	Core Body Athletes Fertility (Registered)	Maya Maya Ja'net
<b>Sunday</b>		
10-11am 11:15-12:15pm 12:30-1:30pm 7:30-8:45pm	Meditation (Sept. 27 <sup>th</sup> & Oct. 25 <sup>th</sup> ) Yin/Yang Flow I-II <b>HEATED</b> Power Flow <b>WARM</b>	Ja'net (\$10 to attend) Colleen Colleen Elaine
<b>Additional Danu Classes held at the Bridgeland-Riverside Community Association</b>		
<b>Tuesday &amp; Thursday</b> 5:30 - 6:30 pm	<b>Beginner (Registered)</b>	Jessica
<b>Tuesday</b> 6:45 - 8 pm	<b>Heart of Yoga (Registered)</b>	Ja'net

**HEATED** - class is heated to a minimum of 28 degrees with humidity.

**WARM** - class is heated to a minimum of 22 degrees with humidity.

All of our other classes are kept at a comfortable room temperature.