

Inner Quiet Yoga Fall Schedule 2019

Sept 16 – Dec 20 (14 weeks)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Things to know
8 – 9:30 am Yoga + Meditation Anne \$234			8 – 9am Re-set: Breathe + Restore 4 weeks Sept 19 – Oct 10 Anne \$48	8 – 9:30 am Yoga Integration Anne \$252		5 – 6:30 pm Bamboo Yoga Sept 22, Oct 6 and 20, Nov 3 and 17, Dec 1 and 15 Ireni \$126	<ul style="list-style-type: none"> class fees include HST additional classes/ week - 10% off term fee drop-in classes - \$20/1.5hr or \$15/1 hr Join anytime and the fee will be pro-rated for the remainder of the term missed a class?...you can make it up by attending another; classes must be made-up within the same session as they were missed. parking is available in the nearby municipal lots and street parking or ride your bike or walk <p>Registration</p> <ul style="list-style-type: none"> Payment confirms your registration. Payment can be made with cash/cheque/e-transfer Registration is required. There is a minimum number of students required for classes to run. <p>Please Note</p> <ul style="list-style-type: none"> no classes will be held Monday, Oct 14 Private sessions are available: anne@innerquietyoga.ca
Available for private sessions – integrative yoga (IYT), wellness counselling	10 – 11 am Body Ease Somatics Anne \$168	10 – 11:30 am Yoga Tonic Anne \$252	10 – 11:30 am Be Gentle 8 weeks Sept 19 – Nov 7 Kim \$144	IYT	10 - 3pm Centering yoga + pottery Oct 19 and 26, Nov 2	7 - 8 pm Yoga Nidra Sept 22, Oct 6 and 20, Nov 3 and 17, Dec 1 and 15 Anne \$10/class	
1 – 2 pm Lunchtime Revitalize Yoga starts Sept 23 Ireni \$144	IYT	IYT		12:15 – 1:15 pm Friday Soother Anne \$168	in collaboration with The Kawartha Potter's Guild Janette	Yoga Teacher Training 200 hr Not just any 200 hour yoga teacher training! Taught by two experienced yoga teachers who are also Certified Yoga Therapists. Learn to teach yoga to support the body and overall health and well-being. (an affiliate program of Integrative Yoga Therapy) Weekend format – Friday, Saturday, Sunday – one weekend per month Mar 2020 – Dec 2020	
	2 – 3:30 pm Be Gentle 8 weeks Sept 17 – Nov 5 Kim \$144	3:30 - 4:30 pm Re-set: Breathe + Restore 4 weeks Oct 23 – Nov 13 Anne \$48		IYT			
5:15 – 6:45 pm Move Anne \$234	5:30 – 6:45 pm Yoga Barre Ireni \$210	5:30 – 6:30 pm Mid Week Stretch 13 weeks, no class Oct 30 Casey \$156	5:15 – 6:45 pm Yin Yoga Will \$252	4:30 – 5:30 pm Re-set: Breathe + Restore 4 weeks Nov 29 – Dec 20 Anne \$48			
7 – 8:30 pm Yoga Integration Anne \$234	7 – 8:30 pm Yoga Tonic Anne \$252	7 – 8:30 pm Move Anne \$252	7 – 8:30 pm Yoga + Meditation Anne \$252				

About Inner Quiet Yoga

Inner Quiet Yoga is a place where you are encouraged to stretch and challenge yourself, unwind and relax, build stronger connections between mind, body and spirit. The studio welcomes anyone with a desire to learn yoga. Classes have a body friendly approach and are supportive of individual needs. The yoga practice at **Inner Quiet Yoga** cultivates health and well-being, moving you toward integrated balance in all aspects of your life.