



Rising Sun Yoga

Spring 2010

www.risingsunyoga.ca

Akhanda 1	You will learn basic principles of breath, movement, alignment and relaxation. This class presents common postures, meditation and breathing techniques that can be practiced by anyone in the standard or modified form.	
Akhanda 2	Intermediate students will journey further into their exploration of the mind/body connection through more complex balancing, strengthening and inverted postures, as well as additional pranayama techniques and slightly longer meditations.	
Akhanda Power	A fully balanced power yoga class including pranayama, chanting and meditation. Modifications will be offered to challenge all levels.	Thursdays, 6-7:15pm (25 Mar- 17 Jun) no class 29 Apr - 12 weeks - \$132
Akhanda Yin	Yin yoga is a deep physical practice that develops awareness and releases inner physical and emotional tensions. Akhanda Yin yoga builds flexibility, improves posture and develops mental concentration. It is the ideal complement to running, walking or other vigorous physical activities.	A: Thursdays, 6-7:15pm (25 Mar- 17 Jun) no class 29 Apr - 12 weeks - \$132 B: Sundays 6:00-7:15pm (28 Mar-13 Jun) no class 4 Apr, 9 May & 23 May - 9 weeks - \$99
Akhanda Gentle Beginner	This class is ideal for people who are new to yoga or those who want a more gentle and relaxed class. You will learn basic principles of breath, movement, alignment, relaxation, anatomy and sequencing.	Wednesdays, 1:15-2:30 pm (24 Mar-16 Jun) no class Apr 28 11 weeks - \$121
Kundalini Core	The focus of this class is on developing core abdominal strength through a combination of strong kundalini postures, powerful breathing techniques, relaxation and meditations to relieve stress and break habits.	A: Mondays, 5:45-6:45pm (22 Mar-21 Jun) no class 5 Apr & 24 May 12 weeks - \$132 B: Wednesdays 12-1pm (24 Mar-9 Jun) 12 weeks - \$132
Power	A dynamic yoga class that uses a rhythmic combination of challenging poses linked with the breath, emphasizing proper body alignment, balance, stamina, and strength. The focus is on upper/lower body strength and a powerful core.	Fridays, 2-3:15pm (26 Mar-18 Jun) no class 2 Apr & Apr 30 - 11 weeks - \$121
Yoga for Healing and Stress Relief	Stimulate Your Body's Natural Ability to Heal Experience deep personal transformation through a unique blend of restorative yoga, guided meditations and personal development exercises to help you move beyond your current limitations and beliefs about life and health.	Thursdays, 10:30-12:00 am + optional 30 minutes of personal development work 1 Apr-27 May (no class 29 Apr) 8 weeks - \$160 - includes illustrated book and audio One-on-one coaching also available.

Please register by March 15th.

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