



# Rising Sun Yoga

## Winter 2010

[www.risingsunyoga.ca](http://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.	Sundays, 5:30-6:45pm (10 Jan-7 Mar - no class 14 Feb) 8 weeks - \$88
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.	coming spring 2010
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 (7 Jan-11 Mar). 10 weeks - \$110
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.	<b>A:</b> Thursdays, 6-7:15pm (7 Jan-11 Mar) 10 weeks - \$110 <b>B:</b> Sundays 7:00-8:15pm (10 Jan-7 Mar - no class 14 Feb) 8 weeks - \$88
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 (13 Jan-10 Mar). 9 weeks - \$99
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.	<b>A:</b> Mondays, 5:45-6:45pm (11 Jan-8 Mar - no class 15 Feb) 8 weeks - \$88 <b>B:</b> Wednesdays 12-1pm (13 Jan-10 Mar). 9 weeks - \$99
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, 1-2:15pm (8 Jan-12 Mar). 10 weeks - \$110
Yoga for Healing and Stress Relief	Suitable for all levels, the focus is on gentle movement, meditation, healing visualizations and stimulation of the body's natural ability to heal. This class is intended for people who want to reduce stress and find new ways to deal with physical or mental challenges.	Thursdays, 10:30-12:00 am (21 Jan-11 Mar) 8 weeks - \$88

**Please register by January 5th.**

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