



RIDEAU SPORTS CENTRE
CENTRE SPORTIF RIDEAU

MULTI-SPORT • TENNIS • YOGA • RESTAURANT • MASSAGE

Yoga Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15am		Hatha Sophie	Power Shelley			8:45am Hatha Sophie	8:45am Power Stéphane
9:45am	Hatha Aline		Hatha Lori		Hatha Yanira	10:00am Hatha Delphine	10:00am Yin Stéphane
12:00pm (45 Min)	Hatha Ian	Hatha Lori	Hatha Lori	Power Aline	Power Yanira		
4:45pm		Hatha (Intermediate) Ian					
6:00pm	Sivananda Aisha		Power Ian				
7:15pm	Yoga for Runners Aisha	Hatha Delphine	Yin Shelley	Sivananda Aisha			

** Unless stated, all yoga classes are 60 minutes in length * Schedule Updated January 31, 2018 **

Yoga Class Descriptions

Hatha – This class is for all levels, concentrating on physical health and mental well-being. Hatha yoga uses bodily postures (asanas), breathing techniques (pranayama), and meditation techniques (dyana) with the goal of bringing about a sound, healthy body and a clear, peaceful mind.

Power – A fitness-based approach to Vinyasa style flow. Students will focus on linking conscious breath with a vigorous and mindful flow. In a power yoga class, students will build strength, flexibility and concentration while cleansing the body and calming the mind.

Sivananda – This is a tradition based out of Hatha yoga. It is a specific sequence using breathing techniques (pranayamas), sun salutations, 12 basic postures (asanas) and relaxation. The asanas stretch and strengthen the body through longer holds. Allowing students to build muscular strength, flexibility, and a calm mind.

Yin – Known as the quiet practice, Yin Yoga targets the connective tissues of the hips, pelvis and lower spine. Yin postures are held for three to five minutes which gives the body an opportunity to open and release tension from deeper tissues. Yin Yoga is suitable for most levels of students.

Yoga for Runners – This class is to lengthen and strengthen the muscles used by runners. It will also develop mental focus through longer holds and balancing postures. Open to all levels and non-runners.

Yoga Prices

1 Class Drop-In \$15 + HST

10 Class Package \$120 + HST