

FALL SCHEDULE

SEPTEMBER 14TH – DECEMBER 20ST, 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15-10:45 Gentle Yoga Debra Studio 2	9:00-10:30 Hatha Yoga I Rhona Studio 2	9:15-10:45 Gentle Yoga Debra Studio 2	*9:30 - 10:45 Pilates (New) Diane Studio 2	*9:30-11:00 Core Vinyasa Yoga for all Yasmin Studio 2	*9:30-10:50 Energy Flow Yoga Tara Studio 2
<i>Private classes</i>	*9:00-10:30 Power Yoga Penka Studio 1	*9:30 - 11:00 Deep Tension Release Yoga Natalie Studio 1	9:30-11:00 Hatha Yoga Sue-Anne Studio 1	OM BABY 11:30-12:30 Parent & Baby Yasmin Studio 2 (pre-registration)	*11:00-12:30 Yoga Fusion Susan Studio 1
<i>Available for Private Corporate or School Yoga</i> On location or at Om West (contact us 514.905.8020 for details)	<i>Available for Private Corporate or School Yoga</i> On location or at Om West (contact us 514.905.8020 for details)	<i>Available for Private Corporate or School Yoga</i> On location or at Om West (contact us 514.905.8020 for details)	OM BABY 11:30-12:45 Prenatal Yoga Sue-Anne Studio 1 (pre-registration)	<i>Available for Private Corporate or School Yoga</i> On location or at Om West (contact us 514.905.8020 for details)	OM KIDS 9:30 - 10:15 Kids+ option: Yoga Ages 5 -10 Frances Studio 1 (pre-registration)
<i>Private Semi-Private sessions by appointment</i>	<i>Private Semi-Private sessions by appointment</i>	<i>Private Semi-Private sessions by appointment</i>	<i>Available for Private Corporate or School Yoga</i> On location or at Om West (contact us 514.905.8020 for details)	<i>Private Semi-Private sessions by appointment</i>	OM KIDS 10:15 - 11:00 Kids+ option: Dance Ages 5 - 10 Studio 1 Frances (pre-registration)
*17:45-18:30 Meditation for calm & focus Yasmin Studio 2		*17:45-18:30 Meditation for calm & focus Yasmin Studio 2	OM KIDS 16:30 - 17:30 Kids Yoga & Chess Penka Studio 1 (pre-registration)		LECTURES & WORKSHOPS
OM BABY 18:15-19:30 Prenatal Yoga Sue Ann Studio 1 (pre-registration)	18:00-19:15 Endurance Athletes Yoga Mike Studio 1 (pre-registration)	18:00-19:30 Hatha Yoga II Sue-Anne Studio 1	18:00-19:15 Endurance Athletes Yoga Mike Studio 1 (pre-registration)	*18:00-20:00 Ashtanga Yoga II/III Yasmin, Jamie, Nancy & Steve Studio 2	SUNDAY *9:30-11:00 Karma Yoga (by donation for charity) Studio 2
*18:30-19:50 Core Vinyasa Yoga for all Yasmin Studio 2	*18:30 -19:30 Energy Flow Yoga Tara Studio 2	*18:30-19:50 Ashtanga Yoga I/II Yasmin Studio 2	18:00-19:30 Hatha Yoga II Rhona Studio 1	18:00-21:00 LECTURES & WORKSHOPS (See events schedule for details)	13:00-14:30 Monthly Tam Tam Workshop James Kids welcome!
*19:45-21:15 Yoga & Meridian Exercises Penka Studio 1	*19:45 - 21:00 Deep Tension Release Yoga Tara Studio 2	19:40-21:10 Hatha Yoga I Sue-Anne Studio 1	*19:45-21:15 Yoga & Meridian Exercises Penka Studio 1		16:00-17:00 Bi-weekly Meditation Micheline Studio 1
*20:00-21:20 Ashtanga Yoga II Yasmin Studio 2	19:45 - 21:15 Art of Living Yoga Antoine Studio 2	*20:00-21:20 Core Vinyasa Yoga for all Yasmin Studio 2	19:45-20:55 Pilates (New) Diane Studio 1		17:30-18:30 Bi-weekly Hatha Yoga Micheline Studio 1
* indicates classes available with OM PASS					

(Schedule last updated: Sept 23, 2009)

OM PRICES AS OF SEPT 1:	ADULT	STUDENT
FIRST CLASS DROP IN	\$12	\$12
DROP IN FEE	\$17 / \$20	\$15
12 CLASS OM PASS	\$180	\$150
18 CLASS OM PASS	\$260	\$220
24 CLASS OM PASS	\$320	\$290
UNLIMITED MONTHLY OM PASS	\$125	\$108
UNLIMITED SESSION OM PASS	\$360	\$300
UNLIMITED YEARLY OM PASS	\$1280	\$990

Community Karma Yoga – Every Sunday 9:30 – 11:00 am

This community class is open to people of all levels of practice and ages - kids, teens, adults, families and seniors welcome! A minimum of donation of \$5 (no minimum for children 10 years old and younger) all proceeds will be donated to various charitable foundations. Each week features a different instructor. No experience necessary, all levels welcome.

The Art of Living (Oct 9-12)

No matter which phase you are at in your life – this course will enable you to get closer to your goals and enrich your life. This unique course offers to teach you the power of breath, meditation and yoga. The Art of Living is simply, to live in the moment. (Cost \$300— discounts before Sep-1: 10% | before Oct-1: 5%)
*For info & registration: Antoine 514-475-9074 antoine.tinawi@artofliving.ca

Shiatsu basic techniques for partners (Oct 11, 9:00am – 12:30pm)

Guided by Shiatsu massage Therapist Penka Apostolov, you will learn basics in Shiatsu massage to help your partner enjoy deep relaxation. *Individuals welcome!* (Cost \$60 per individual | \$100 per couple)
*For info & registration: Penka 514-816-4713 | info@penkaapostolov.com

Mandala Workshop with Patrizia Viselli (Oct. 17, 1-5pm)

Learn about the mandala's origins while exploring art concepts and formal properties such as symmetry, balance, colour and shape. You will become familiar with drawing techniques and develop creative thinking skills. No drawing experience necessary. (Cost \$55 per person, materials included)
*For info & registration: 514-905-8020 | info@westislandyoga.com

Foundations of Yoga Workshop (NEW DATES! Oct 24 & 25)

Delve deeper into your practice with this detailed 15 hour workshop covering the fundamental principles of yoga. Led by yoga instructor and owner of Om West Holistic Centre Yasmin F. Gow, this weekend seminar is ideal for all levels of students— beginners wanting personal assistance and a base of knowledge, intermediate students wanting to deepen their practice, and advanced students and teachers wanting a refresher. (Cost \$180 before Oct 1 | \$200 after Oct 1)
*For info & registration: 514-905-8020 | info@westislandyoga.com

The Four Pillars Workshop Series with Yasmin & Guests

This series of four workshops led by Yasmin and guest lecturers is designed to give students a better understanding of the "Power of Yoga," which is not to be confused with the vinyasa inspired style "Power Yoga." These four weekend workshops will help you cultivate better awareness by extending your yoga practice off the mat and embedding it into the fabric of daily life.

NEW DATES!

- NOV 28-29 **Raja Yoga:** Asana, Alignment, Breath work & The 8 Limbs
- JAN 30-31, 2010 **Karma Yoga:** Serving Self & Cultivating Community
- MAR 13-14, 2010 **Bakti Yoga:** Love, Communication & Creation
- APR 17-18, 2010 **Jnana Yoga:** Info & Knowledge in the 21st century

(Cost Total 60 hrs \$600 before Nov 1 | \$720 after Nov 1 or \$200 per workshop)
*For info & registration: 514-905-8020 | info@westislandyoga.com