

RICHMOND HILL JUNE 2010

Richmond Hill Studio - 360 Highway 7 East Unit 1 905.882.YOGA Thornhill Studio - 1416 Centre Street, Unit 9 + 10 905.882.TREE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am		1	2 Reduced Heat 1Hr (Lina) ॐ	3	4	5	6
9:30am		Hot Yoga (Karin) ॐॐ	Reduced Heat 75m (Lina) ॐॐ	Hot Yoga (Karin) ॐॐ	Gentle Hatha (Mary) ॐ	8:15am Hot Yoga 75m (Zoe) ॐॐ	8am Hot Yoga (TBA) ॐॐ
9:45am		Hatha (Susanne) ॐ	Hatha Flow 75 mins (Nash) ॐ	Hatha (Susanne) ॐ	Iyengar (Anne Marie) Standing	10am Hot Yoga (Zoe) ॐॐ	9:00am Iyengar 75m (Tom) Standing
12:30pm		Hot Yoga 1hr (Jason) ॐॐ	Reduced Heat 1hr (Zoe) ॐ	Hot Yoga 1hr (Jason) ॐॐ	Reduced Heat 1hr (Kim) ॐ	10am Gentle Hatha (Kat) ॐ	10am Hot Yoga (TBA) ॐॐ
4:30pm		Reduced Heat 75min (Zoe) ॐ		Reduced Heat 75min (Zoe) ॐ		12pm Reduced Heat 75mins (Dina) ॐॐ	*NEW* 10:45am Beginner's Iyengar (Tom)
5:45pm		Hatha Flow 75mins (Mary) ॐ	Hatha Flow 1 hr (Karin) ॐॐ	Restorative 75mins (Mary) ॐ	5:30pm Hatha Flow 1hr E \$7 (Zoe)		2pm Kripalu (Kat) ॐ
6:15pm		Hot Yoga 75mins (Zoe) ॐॐ	Reduced Heat 75mins (Jason) ॐॐ	R Heat Vinyasa 75mins (Zoe) ॐॐ	5:30pm Hot Yoga 1Hr E \$7 (Robina)	2pm Restorative (Mary) ॐ	2pm Reduced Heat (TBA) ॐ
7:15pm		Restorative (Mary) ॐ	Hatha Flow 75 mins (Lina) ॐ	Hatha 75m (Eleonora) ॐॐ	6:45pm Hot Yoga 75min E \$7 (Robina)		4pm Restorative 75 mins (Kat) ॐ
8:00pm		Reduced Heat Hatha Flow (Stef) ॐॐ	Hot Yoga (Jason) ॐॐ	Hot Yoga (Kim) ॐ	7:00pm Hatha Flow 1hr E \$7 (Zoe)		4pm Hot Yoga (TBA) ॐॐ
8:45pm			Ashtanga 75m (Lina) ॐ				
6:30am	7 Hot Yoga 1Hr (Lina) ॐ	8	9 Reduced Heat 1Hr (Lina) ॐ	10	11	12	13
9:30am	Reduced Heat 75m (Lina) ॐॐ	Hot Yoga (Karin) ॐॐ	Reduced Heat 75m (Lina) ॐॐ	Hot Yoga (Karin) ॐॐ	Gentle Hatha (Mary) ॐ	8:15am Hot Yoga 75m (Zoe) ॐॐ	8am Hot Yoga (Jason) ॐॐ
9:45am	Iyengar (Tom) Forward/Twist	Hatha (Susanne) ॐ	Hatha Flow 75 mins (Nash) ॐ	Hatha (Susanne) ॐ	Iyengar (Anne Marie) Forward/Twist	10am Hot Yoga (Zoe) ॐॐ	9:00am Iyengar 75m (Tom) Forward/Twists
12:30pm	Reduced Heat 1hr (Pam) ॐ	Hot Yoga 1hr (Jason) ॐॐ	Reduced Heat 1hr (Zoe) ॐ	Hot Yoga 1hr (Jason) ॐॐ	Reduced Heat 1hr (Diana) ॐ	10am Gentle Hatha (Kat) ॐ	10am Hot Yoga (Jason) ॐॐ
4:30pm	ॐ	Reduced Heat 75min (Zoe) ॐ		Reduced Heat 75min (Zoe) ॐ		12pm Reduced Heat 75mins (Dina) ॐॐ	*NEW* 10:45am Beginner's Iyengar (Tom)
5:45pm	Hatha Flow 75mins (Pam) ॐ	Hatha 75mins (Mary) ॐ	Hatha Flow 1 hr (Karin) ॐॐ	Restorative 75mins (Mary) ॐ	5:30pm Hatha Flow 1hr E \$7 (Zoe)		2pm Kripalu (Kat) ॐ
6:15pm	Hot Yoga 75m (Robina) ॐॐ	Hot Yoga 75mins (Zoe) ॐॐ	Reduced Heat 75mins (Jason) ॐॐ	R Heat Vinyasa 75mins (Zoe) ॐॐ	5:30pm Hot Yoga 1Hr E \$7 (Lina/Eva)	2pm Restorative (Mary) ॐ	2pm Reduced Heat (Kate) ॐ
7:15pm	Hatha Flow 75mins (Diana) ॐॐ	Restorative (Mary) ॐ	Hatha Flow 75 mins (Lina) ॐ	Hatha 75m (Eleonora) ॐॐ	6:45pm Hot Yoga 75min E \$7 (Sandra/Alvin)		4pm Restorative 75 mins (Kat) ॐ
8:00pm	Hot Yoga (Robina) ॐॐ	Reduced Heat Hatha Flow (Stef) ॐॐ	Hot Yoga (Jason) ॐॐ	Hot Yoga (Diana) ॐ	7:00pm Hatha Flow 1hr E \$7 (Zoe)		4pm Hot Yoga (Kate) ॐॐ
8:45pm	Hatha 75min (Kate) ॐ		Ashtanga 75m (Lina) ॐ				
6:30am	14 Hot Yoga 1Hr (Lina) ॐ	15	16 Reduced Heat 1Hr (Lina) ॐ	17	18	19	20
9:30am	Reduced Heat 75m (Lina) ॐॐ	Hot Yoga (Karin) ॐॐ	Reduced Heat 75m (Lina) ॐॐ	Hot Yoga (Karin) ॐॐ	Gentle Hatha (Mary) ॐ	8:30 OPEN HOUSE 1 Hour (Karin)	8am Hot Yoga (Jason) ॐॐ
9:45am	Iyengar (Tom) Backbends	Hatha (Susanne) ॐ	Hatha Flow 75 mins (Nash) ॐ	Hatha (Susanne) ॐ	Iyengar (Anne Marie) Backbends	10am Hot Yoga (Zoe) ॐॐ	9:00am Iyengar 75m (Tom) Backbends
12:30pm	Reduced Heat 1hr (Pam) ॐ	Hot Yoga 1hr (Jason) ॐॐ	Reduced Heat 1hr (Zoe) ॐ	Hot Yoga 1hr (Jason) ॐॐ	Reduced Heat 1hr (Diana) ॐ	10am Gentle Hatha (Kat) ॐ	10am Hot Yoga (Jason) ॐॐ
4:30pm	ॐ	Reduced Heat 75min (Zoe) ॐ		Reduced Heat 75min (Zoe) ॐ		11:45 OPEN HOUSE 1hr (Karin)	*NEW* 10:45am Beginner's Iyengar (Tom)
5:45pm	Hatha Flow 75mins (Pam) ॐ	Hatha 75mins (Mary) ॐ	Hatha Flow 1 hr (Karin) ॐॐ	Restorative 75mins (Sabrina) ॐ	5:30pm Hatha Flow 1hr E \$7 (Zoe)	12pm Reduced Heat 75mins (Dina) ॐॐ	2pm Kripalu (Kat) ॐ
6:15pm	Hot Yoga 75m (Robina) ॐॐ	Hot Yoga 75mins (Zoe) ॐॐ	Reduced Heat 75mins (Jason) ॐॐ	R. Heat Vinyasa 75mins (Zoe) ॐॐ	5:30pm Hot Yoga 1Hr E \$7 (Joanne/Sandra)	2pm Restorative (Mary) ॐ	2pm Reduced Heat (Alvin) ॐ
7:15pm	Hatha Flow 75mins (Diana) ॐॐ	Restorative (Mary) ॐ	Hatha Flow 75 mins (Lina) ॐ	Hatha 75m (Eleonora) ॐॐ	6:45pm Hot Yoga 75min E \$7 (Tiffany/Sandra)	2:15pm OPEN HOUSE 1hr (Jason)	4pm Restorative 75 mins (Kat) ॐ
8:00pm	Hot Yoga 75 mins (Robina) ॐॐ	Reduced Heat Hatha Flow (Stef) ॐॐ	Hot Yoga (Jason) ॐॐ	Hot Yoga (Kim) ॐ	7:00pm Hatha Flow 1hr E \$7 (Zoe)		4pm Hot Yoga (Alvin) ॐॐ
8:45pm	Hatha 75min (Kate) ॐ		Ashtanga 75m (Lina) ॐ				
6:30am	21 Hot Yoga 1Hr (Lina) ॐ	22	23 Reduced Heat 1Hr (Lina) ॐ	24	25	26	27
9:30am	Reduced Heat 75m (Lina) ॐॐ	Hot Yoga (Jason) ॐॐ	Reduced Heat 75m (Lina) ॐॐ	Hot Yoga (Jason) ॐॐ	Gentle Hatha (Mary) ॐ	8:15am Hot Yoga 75m (Zoe) ॐॐ	8am Hot Yoga (Jason) ॐॐ
9:45am	Iyengar (Deborah) Restorative	Hatha (Susanne) ॐ	Hatha Flow 75 mins (Nash) ॐ	Hatha (Susanne) ॐ	Iyengar (Anne Marie) Restorative	10am Hot Yoga (Zoe) ॐॐ	9:00am Iyengar 75m (Tom) Restorative
12:30pm	Reduced Heat 1hr (Pam) ॐ	Hot Yoga 1hr (Jason) ॐॐ	Reduced Heat 1hr (Zoe) ॐ	Hot Yoga 1hr (Jason) ॐॐ	Reduced Heat 1hr (Diana) ॐ	10am Gentle Hatha (Sandra) ॐ	10am Hot Yoga (Jason) ॐॐ
4:30pm	ॐ	Reduced Heat 75min (Zoe) ॐ		Reduced Heat 75min (Zoe) ॐ		12pm Reduced Heat 75mins (Dina) ॐॐ	*NEW* 10:45am Beginner's Iyengar (Tom)
5:45pm	Hatha Flow 75mins (Pam) ॐ	Hatha 75mins (Mary) ॐ	Hatha Flow 1 hr (Kate) ॐॐ	Restorative 75mins (Mary) ॐ	5:30pm Hatha Flow 1hr E \$7 (Zoe)		2pm Kripalu (Sabrina) ॐ
6:15pm	Hot Yoga 75m (Robina) ॐॐ	Hot Yoga 75mins (Zoe) ॐॐ	Reduced Heat 75mins (Jason) ॐॐ	R. Heat Vinyasa 75mins (Zoe) ॐॐ	5:30pm Hot Yoga 1Hr E \$7 (Tiffany)	2pm Restorative (Mary) ॐ	2pm Reduced Heat (Kate) ॐ
7:15pm	Hatha Flow 75mins (Akshaya) ॐॐ	Restorative (Mary) ॐ	Hatha Flow 75 mins (Lina) ॐ	Hatha 75m (Eleonora) ॐॐ	6:45pm Hot Yoga 75min E \$7 (Alvin/Eva)		4pm Restorative 75 mins (Sabrina) ॐ
8:00pm	Hot Yoga 75 mins (Robina) ॐॐ	Reduced Heat Hatha Flow (Stef) ॐॐ	Hot Yoga (Jason) ॐॐ	Hot Yoga (Diana) ॐ	7:00pm Hatha Flow 1hr E \$7 (Zoe)		4pm Hot Yoga (Kate) ॐॐ
8:45pm	Hatha 75min (Akshaya) ॐ		Ashtanga 75m (Lina) ॐ				
6:30am	28 Hot Yoga 1Hr (Lina) ॐ	29	30 Reduced Heat 1Hr (Lina) ॐ	<p style="text-align: center;">Auto Renew for ONLY \$89 Unlimited Monthly Pass <small>minimum 4 months commitment</small> Grow Your Practice or Become a Yoga Teacher (only 2 Spots left) Teacher and Personal Training Course Starts July 1st, 2010 **OPEN HOUSE** on June 19th - For New Students Only Great way to Introduce Yoga to Beginners - 3 Complimentary Beginner Classes at Richmond Hill Find out more by visiting www.yogatree.ca</p>			
9:30am	Reduced Heat 75m (Lina) ॐॐ	Hot Yoga (Jason) ॐॐ	Reduced Heat 75m (Lina) ॐॐ				
9:45am	Iyengar (Deborah)	Hatha (Susanne) ॐ	Hatha Flow 75 mins (Nash) ॐ				
12:30pm	Reduced Heat 1hr (Pam) ॐ	Hot Yoga 1hr (Jason) ॐॐ	Reduced Heat 1hr (Zoe) ॐ				
4:30pm	ॐ	Reduced Heat 75min (Zoe) ॐ					
5:45pm	Hatha Flow 75mins (Pam) ॐ	Hatha 75mins (Mary) ॐ	Hatha Flow 1 hr (Kate) ॐॐ				
6:15pm	Hot Yoga 75m (Robina) ॐॐ	Hot Yoga 75mins (Zoe) ॐॐ	Reduced Heat 75mins (Jason) ॐॐ				
7:15pm	Hatha Flow 75mins (Akshaya) ॐॐ	Restorative (Mary) ॐ	Hatha Flow 75 mins (Lina) ॐ				
8:00pm	Hot Yoga 75 mins (Robina) ॐॐ	Reduced Heat Hatha Flow (Stef) ॐॐ	Hot Yoga (Jason) ॐॐ				
8:45pm	Hatha 75min (Akshaya) ॐ		Ashtanga 75m (Lina) ॐ				

THORNHILL JUNE 2010



Thornhill Studio - 1416 Centre Street, Unit 9 + 10 905.882.TREE

Richmond Hill Studio - 360 Highway 7 East Unit 1 905.882.YOGA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5	6
9:30am		Iyengar (Deborah) Standing	Hatha Flow 75 mins (Jason) ॐॐ	Iyengar (Anne Marie) Standing		*NEW* 8am Hot Yoga (TBA) ॐॐ	*NEW* 8am Hatha Flow (Karin) ॐ
12:30pm		Reduced Heat 1hr (Susanne) ॐ	Hatha Flow 1hr (Pam) ॐ	Reduced Heat 1hr (Zoe) ॐ	Hot Yoga 1hr (Jason) ॐॐ	10am Hot Yoga (TBA) ॐॐ	10am Hatha (Karin) ॐ
4:30pm		Hatha Flow 75m (Pam) ॐ	Vinyasa Flow 75min (Zoe) ॐॐ	Hatha Flow 75m (Paula) ॐॐ	Hatha 75mins (Karin) ॐॐॐ		4pm Reduced Heat (Karin) ॐॐ
6:00pm		Hatha Flow(Jason) ॐॐॐ	Reduced Hatha Flow (Paula) ॐॐ	*NEW* Hatha Flow (Jason) ॐॐ	Reduced Heat 75mins E\$7 (Karin)		
8:00pm		Beginner's Yoga 75mins (Teena) ॐ	Reduced Heat Hatha 75mins (Robin) ॐ	Restorative 75 mins (Mary) ॐ			
	7	8	9	10	11	12	13
9:30am	Hatha 75 mins (Mary) ॐ	Iyengar (Anne Marie) Forward/Twist	Hatha Flow 75 mins (Jason) ॐॐ	Iyengar (Anne Marie) Forward/Twist		*NEW* 8am Hot Yoga (Jason) ॐॐ	*NEW* 8am Hatha Flow (Karin) ॐ
12:30pm	Hatha Flow 1hr (Lina) ॐ	Reduced Heat 1hr (Susanne) ॐ	Hatha Flow 1hr (Pam) ॐ	Reduced Heat 1hr (Zoe) ॐ	Hot Yoga 1hr (Jason) ॐॐ	10pm Hot Yoga 75m (Jason) ॐॐ	10am Hatha (Karin) ॐ
4:30pm	Reduced Heat 75 mins (Zoe) ॐॐ	Hatha Flow 75m (Pam) ॐ	Vinyasa Flow 75min (Zoe) ॐॐ	Hatha Flow 75m (Paula) ॐॐ	Hatha 75mins (Karin) ॐॐॐ		4pm Reduced Heat (Karin) ॐॐ
6:00pm	Hot Yoga (Karin) ॐॐ	Hatha Flow(Jason) ॐॐॐ	Reduced Hatha Flow (Paula) ॐॐ	*NEW* Hatha Flow (Jason) ॐॐ	Reduced Heat 75mins E\$7 (Karin)		
8:00pm	Hot Yoga 75mins (Karin) ॐॐ	Beginner's Yoga 75mins (Roopa) ॐ	Reduced Heat Hatha 75mins (Robina) ॐ	Restorative 75 mins (Mary) ॐ			
	14	15	16	17	18	19	20
9:30am	Hatha 75 mins (Teena) ॐ	Iyengar (Deborah) Backbend	Hatha Flow 75 mins (Jason) ॐॐ	Iyengar (Deborah) Backbend		**OPEN HOUSE!** 8am OPEN HOUSE Hot Yoga 75 (Jason)	*NEW* 8am Hatha Flow (Karin) ॐ
12:30pm	Hatha Flow 1hr (Lina) ॐ	Reduced Heat 1hr (Susanne) ॐ	Hatha Flow 1hr (Pam) ॐ	Reduced Heat 1hr (Zoe) ॐ	Hot Yoga 1hr (Jason) ॐॐ	10am OPEN HOUSE Hot Yoga 75(Jason)	10am Hatha (Karin) ॐ
4:30pm	Reduced Heat 75 mins (Zoe) ॐॐ	Hatha Flow 75m (Pam) ॐ	Vinyasa Flow 75min (Zoe) ॐॐ	Hatha Flow 75m (Paula) ॐॐ	Hatha 75mins (Karin) ॐॐॐ		4pm Reduced Heat (Karin) ॐॐ
6:00pm	Hot Yoga (Karin) ॐॐ	Hatha Flow(Jason) ॐॐॐ	Reduced Hatha Flow (Paula) ॐॐ	*NEW* Hatha Flow (Paula) ॐॐ	Reduced Heat 75mins E\$7 (Karin)		
8:00pm	Hot Yoga 75mins (Karin) ॐॐ	Beginner's Yoga 75mins (Teena) ॐ	Reduced Heat Hatha 75mins (Robina) ॐ	Restorative 75 mins (Sabrina) ॐ			
	21	22	23	24	25	26	27
9:30am	Hatha 75 mins (Mary) ॐ	Iyengar (Deborah) Restorative	Hatha Flow 75 mins (Jason) ॐॐ	Iyengar (Deborah) Restorative		*NEW* 8am Hot Yoga (Jason) ॐॐ	*NEW* 8am Hatha Flow (Karin) ॐ
12:30pm	Hatha Flow 1hr (Lina) ॐ	Reduced Heat 1hr (Susanne) ॐ	Hatha Flow 1hr (Pam) ॐ	Reduced Heat 1hr (Zoe) ॐ	Hot Yoga 1hr (Jason) ॐॐ	10pm Hot Yoga 75m (Jason) ॐॐ	10am Hatha (Karin) ॐ
4:30pm	Reduced Heat 75 mins (Zoe) ॐॐ	Hatha Flow 75m (Pam) ॐ	Vinyasa Flow 75min (Zoe) ॐॐ	Hatha Flow 75m (Paula) ॐॐ	Hatha 75mins (TBA) ॐॐॐ		4pm Reduced Heat (Karin) ॐॐ
6:00pm	Hot Yoga (Karin) ॐॐ	Hatha Flow(Jason) ॐॐॐ	Reduced Hatha Flow (Paula) ॐॐ	*NEW* Hatha Flow (Jason) ॐॐ	Reduced Heat 75m E\$7(Jen/Rebecca)		
8:00pm	Hot Yoga 75mins (Karin) ॐॐ	Beginner's Yoga 75mins (Teena) ॐ	Reduced Heat Hatha 75mins (Robina) ॐ	Restorative 75 mins (Mary) ॐ			
	28	29	30	<p style="text-align: center;">Auto Renew for ONLY \$89 Unlimited Monthly Pass <small>minimum 4 months commitment</small> Grow Your Practice or Become a Yoga Teacher (only 2 Spots left) Teacher and Personal Training Course Starts July 1st,2010 **OPEN HOUSE** on June 19th - For New Students Only Great way to Introduce Yoga to Beginners - 2 Complimentary Beginner Classes at Thornhill Find out more by visiting www.yogatree.ca</p>			
9:30am	Hatha 75 mins (Mary) ॐ	Iyengar (Deborah)	Hatha Flow 75 mins (Jason) ॐॐ				
12:30pm	Hatha Flow 1hr (Lina) ॐ	Reduced Heat 1hr (Susanne) ॐ	Hatha Flow 1hr (Pam) ॐ				
4:30pm	Reduced Heat 75 mins (Zoe) ॐॐ	Hatha Flow 75m (Pam) ॐ	Vinyasa Flow 75min (Zoe) ॐॐ				
6:00pm	Hot Yoga (Karin) ॐॐ	Hatha Flow(Jason) ॐॐॐ	Reduced Hatha Flow (Paula) ॐॐ				
8:00pm	Hot Yoga 75mins (Karin) ॐॐ	Beginner's Yoga 75mins (Roopa) ॐ	Reduced Heat Hatha 75mins (Robina) ॐ				