



YOGA TREE YONGE & EGLINTON / JANUARY SCHEDULE

	M	T	W	Th	Fri	Sat	Sun
6:30am	7:00am R. Heat Vinyasa Flow L1-2 50m (Vivian)	*NEW CLASS* HIIT Yoga 🎵 50m (Jen N.)	7:00am *NEW CLASS* R. Heat Vinyasa Flow L1-2 50m (Darya)	Hot Yoga L1-2 50m (Jen N.)		8:15am Hatha Flow L1-2 75m (Shayla)	
10:00am	Vinyasa Flow L1-2 75m (Alexa)	Hot Yoga L1-2 60m (Oliver)	Vinyasa Flow L1-2 75m (Kim H.)	Hot Yoga L1-2 60m (Oliver)	Vinyasa Flow L1-2 75m (Shayla)	9:30am Hot Yoga L1-2 75m (Oliver)	9:30am Hot Detox Yoga L1-2 75m (Shelby)
10:15am	Yin Yoga L1 75m (Kim H.)	Gentle Hatha L1 75m (Jelayna)	Yin Yoga L1 75m (Ali)	Gentle Hatha L1 75m (Jelayna)	Yin Yoga L1 75m (Shannon R.)	10:00am Vinyasa Flow L1-2 🎵 60m (Shayla)	10:00am Hatha Flow L1-2 60m (Ganna)
11:45am	Hatha Therapeutics 75m (Alexa)		Hatha Therapeutics 75m (Karen)			11:00am R. Heat L1-2 60m (Oliver)	11:00am R. Heat L1 60m (Jen N.)
12:15pm	Hatha Flow L1-2 60m (Kim H.)	R. Heat L1-2 50m (Jelayna)	Hatha Flow L1-2 60m (Kim H.)	R. Heat L1-2 50m (Jelayna)	Hatha L1 60m (Karen)	11:15am Hatha Flow L1 60m (Shannon R.)	11:15am Vinyasa Flow L1-2 60m (Meg C.)
12:30pm	R. Heat L1-2 50m (Oliver)	Flow & Let Go L1-2 60m (Alexa)	R. Heat L1-2 50m (Oliver)	Flow & Let Go L1-2 60m (Alexa)	Hot Yoga L1-2 50m (Shayla)		*Economy* 12:30pm R. Heat L1-2 60m (YTT Grad)
1:30pm						12:30pm Core Yoga L1-2 60m (Karen)	
4:30pm		Vinyasa Flow L1-2 60m (Kim H.)		Vinyasa Flow L1-2 60m (Kim H.)	Hot Yoga L1-2 60m (Parry)		
4:45pm	Core Yoga L1-2 60m (Shannon R.)		Core Yoga L1-2 60m (Zen)			*1:00pm* Restorative L1 75m (Heather C.)	*1:00pm* Yin Yoga L1 75m (Aaron)
5:15pm	Hot Yoga L1-2 60m (Shayla)	R. Heat L1-2 75m (Zen)	Hot Yoga L1-2 60m (Vivian)	R. Heat L1-2 75m (Matt)	Yin Yoga L1 75m (Alexa)	*2:00pm* Hatha Flow L1 75m (Karen)	*2:00pm* R. Heat L1-2 60m (Jen N.)
5:45pm	Vinyasa Flow L1-2 75m (Zen)	Hatha Flow L2 75m (Kim H.)	Vinyasa Flow L1-2 75m (Ganna)	Hatha Flow L2 75m (Kim H.)			2:30pm Gentle Hatha L1 75m (Aaron)
6:00pm	Hatha Flow L1-2 75m (Ali)	Beginner's Yoga 75m (Karen)	Hatha Flow L1-2 75m (Ali)	Gentle Hatha L1 75m (Shannon R.)	#TGIF Flow R. Heat 🎵 60m (Meg)		
6:30pm	R. Heat L1 60m (Laily)	6:45pm Hot Yoga L1-2 60m (Matt)	Hot Yoga L1 60m (Bar)	6:45pm Hot Yoga L1-2 60m (Matt)	*NEW* HIIT Yoga 🎵 60m (Parry)		
7:15pm	Beginner's Yoga 60m (Shannon R.)	Hatha Flow L1-2 60m (Shannon R.)	Beginner's Yoga 60m (Laily)	Hatha Flow L1-2 60m (Shayla)			
7:30pm	Yin Yoga L1 75m (Heather C.)	Gentle Hatha L1 with Meditation 75m (Karen)	Yin Yoga L1 75m (Patricia)	Yin-Restorative L1 75m (Alexa)			
8:15pm	Hot Yoga L1-2 60m (Danielle N.)	Hot Yoga L1-2 60m (Matt)	R. Heat L1-2 60m (Shelby)	Hot Yoga L1 60m (Jieza)			
8:30pm	Vinyasa Flow L1-2 60m (Shelby)		Power Vinyasa Flow L2 60m (Oliver)				

🎵 = Class set to music with lyrics



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CLASS DESCRIPTIONS

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Hot Yoga. Conducted at 38 degrees celsius, our hot yoga systematically works the entire body, promoting detoxification and allowing a deeper stretch into the muscle tissues, ligaments, and tendons. Remember to bring a bottle of water and towel to place on the mat.

Reduced Heat (R.Heat). Similar to hot yoga, the temperature is set 10 degrees less at 28 celsius. Can be used to prepare for Hot Yoga classes if you are timid to the heat, a beginner to yoga, or have any heart conditions. Remember to bring a bottle of water and towel to place on the mat.

Ashtanga. Ashtanga yoga focuses on developing strength and endurance. Level 1 or Ashtanga prep classes are suggested in preparation for a full set of yoga postures. Students move quickly from one pose to another in an effort to build core strength and flexibility.

Vinyasa Flow. Vinyasa flow is an active style of yoga, proven to improve strength, cardiovascular health, dynamic and repetitions to open the body. Although the flow is faster in relation to Hatha Flow and Gentle Hatha, proper breathing technique and alignment is practiced.

Jivamukti. Jivamukti is a vinyasa style practice and classes can be quite physically intense. Each class has a theme, which is explored through yoga scripture, chanting, meditation, asana, pranayama, and music.

CoreYoga. The core is essentially the center of the body. It is a crucial structure and point of energy that provides support, proper posture and physical movement. Core Yoga will help you develop strength, awareness, stability, flexibility and control through a fluid and safe practice.

Hatha Flow. In Hatha Flow yoga, students will move in a continuous flow from one posture to the next, combining your breath with movement. Students should be familiar with basic yoga poses, and will leave class feeling energized and rejuvenated.

Restorative. This is a gentle, therapeutic style of yoga that uses props to support the body, deepening the benefits of the poses. It is a soothing and nurturing practice that promotes the effects of conscious relaxation.

Yin. Involves deep stretching intended to maintain or improve the functional mobility associated with a balanced and healthy body. Has the added bonus of contributing to the mindfulness necessary for a successful meditation practice.

Gentle Hatha. This gentle, slower paced class typically starts with breathing techniques, followed by detailed instructions on how to perform each posture. Options are given throughout the class for participants of varying degrees of strength and/or flexibility.