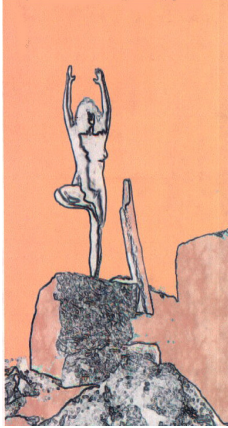


Fall 2009

Yoga Classes at Tikkun Yoga Centre



Small Classes

Restorative Yoga

Yoga for Couples Courses

Individual Sessions

Yoga Retreats

Teacher Training

Tikkun is the Hebrew word meaning to heal, mend or repair.

The Tikkun Yoga Centre offers ancient practices for modern times

Restorative Yoga

Healing Through Breath and Stillness

Enjoy a gentle yoga class, which focuses on simple supported yoga postures, breathing techniques, chanting and yoga mudras (hand gestures) which are designed to reduce **STRESS** and promote healing. The practice of restorative yoga rejuvenates the body, mind and spirit.

Thursday Evenings

September 17th- December 10th

7:00 PM- 8:30 PM

Fee: \$240.00- 12 sessions

No class November 26th

Yoga for Woman

Playing Your Edge

Join a 2-hour yoga class with a community of women wanting to explore a variety of yoga traditions, asanas (postures), breath work (pranayama), meditation techniques, yoga mudras (hand gestures), chanting and Jewish spiritual practices.

Monday Mornings

September 14th – December 14th

8:45 AM - 10:45 AM

Fee: \$275.00 – 11 sessions

No class September 28th or October 12th

- ◆ **50% deposit required to hold a space. (Refundable only if spot can be filled, plus a \$50.00 admin fee).**
- ◆ **Drop ins and make-up classes are on a space available basis.**
- ◆ **Make-up classes must be completed in current session.**
- ◆ **All drop in classes are \$22.00 except the two hour class on Mondays @ 8:45 that is \$28.00.**

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