

rama lotus  
yoga centre



Winter 2012  
Yoga Class Schedule  
(Jan-Mar)

# अथ योगानुशासनम् योगश्चित्तवृत्तिनिरोध

*YOGA, in some shape or form, has been practiced for over 5,000 years. Yoga (which means "to unite" in Sanskrit) has remained relevant for so long because of its ability to transform and integrate us physically, mentally and spiritually. Anyone can practice yoga regardless of age, level of flexibility, body shape or physical condition.*

**RAMA LOTUS** offers many styles of yoga and over 110 classes to choose from each week. All of our classes are offered on a drop-in basis. If you are new to yoga and unsure of where to start, please feel free to contact us. We can help match you with an appropriate style of yoga. Trying a few different styles is often the best way to find the one that best meets your needs. Here is a list of what we offer:

**Ashtanga Yoga** is a challenging form of yoga that focuses on deep strength and endurance, using the breath to link postures together fluidly.

**Bikram Yoga** is an energetic series of 26 postures and two breathing exercises, and is suitable for beginners and veterans alike. The heat is turned up high, which allows for maximum stretching, strengthening, and detoxification for a complete body workout.

**Community Yoga** This Hatha class is offered on a donation basis (even your smile counts as a donation!) to make it accessible to all.

**Hatha Yoga** is the foundation of many styles of yoga. It is a great way to learn the basic postures and breathing techniques of yoga while restoring your energy, strength and flexibility. We offer Hatha Beginner,

Intermediate, All Levels, Flow, and Hatha Gentle classes. (Please note the Gentle class incorporates adjustments for each posture.) **Warm Hatha** is practiced in a moderately heated room for those who do not like the high heat of the Hot Rooms, or are looking to acclimatise themselves to the heated spaces.

**Hot, Hot Flow, Power, Power Vinyasa and Power Xpress Yoga** all offer a series of challenging Hatha yoga postures that stretch and tone your whole body. Be prepared to sweat and to challenge yourself. The Hot classes are all open to beginners, while the Power classes are more challenging.

**Kripalu Yoga** A variety of movements, postures, and breathwork, are used to enhance ones ability to stay present in the class and ride the waves of sensation. Suitable for all levels.

**Kundalini Yoga** as taught by Yogi Bhajan is an ancient and holistic yoga practice, that blends sequenced yoga exercises, breathing techniques, mantras and meditations. It builds inner and outer strength, and is known as the Yoga of Awareness.

**Prenatal Yoga and Baby & Mom** are designed with families in mind. Prenatal yoga is for women in all stages of pregnancy. Baby & Mom is for babies 6 weeks old to the creeping stage.

**SOMA** uses Somatic movement and yogic breathing to bring relaxation and balance to your body. Muscles are relaxed, pain is reduced and your nervous system will feel soothed.

**Therapeutic Yoga:** Be guided and move slowly and intuitively with spaciousness and freedom, coming to appreciate yourself where you are.

**Yin Yoga** uses long-held, relaxed floor postures to stretch and stimulate the "Yin" or deep connective tissues of the body. It is a process of releasing.

**Yin/Yang Yoga** is designed to offer the balancing effects of yin (passive) and yang (active Hatha) styles of yoga.

**Yoga for Runners** will help you feel more agile & flexible, give you greater strength & stamina, and will encourage the right frame of mind to reach your full potential.

**Yoga Nidra** Afternoon bliss! At the time of day when the body naturally wants to get quiet, let go and allow it to rest into 'yogic sleep'.

## RATES

First time class	\$8
Drop-in class	\$16
First time special	\$20 for 2 classes
5 classes	\$75
10 classes	\$140
20 classes	\$245
30 classes	\$340
50 classes	\$540
75 classes	\$755
150 classes	\$1430
Daily Practice Package	\$1900
Monthly Unlimited	\$160
Sticky mat rental	\$2
Towel rental	\$2

All prices include HST



## DISCOUNTS

Full time students with ID: 50% off for weekday classes (6:30am-4:30pm); 10% off evening and weekend classes. Please note that the both of these discount packages cannot be used during the same time period. Please ask us for more details.

Seniors (60 and over): 10% discount

Packages can be used for over 100 weekly classes on our schedule within 1 year. Any classes remaining will expire at the end of 1 year.

All packages can be purchased online at [www.ottawayoga.com](http://www.ottawayoga.com)



## REFUND/EXCHANGE POLICY:

Unfortunately, there are no refunds, exchanges, transfers, or extensions of class packages. We recommend that you purchase a yoga package that you can use within 4 to 6 months.





### COMMUNITY

Rama Lotus believes in giving back. We offer weekly Community Yoga Classes, taught in the Hatha tradition. These classes are open to everyone on a donation basis (even a smile is considered a donation!) Please ask us about our Rama Lotus Ambassadors who share the spirit of yoga within the Ottawa/Hull community to those in need.



### BOUTIQUE

We carry a wide selection of items to help support you in your practice, including clothing, yoga mats and other accessories, books and DVDs, water and healthy snacks. Products can be exchanged within 14 days of purchase with receipt. All products have a two-month guarantee against manufacturer's defects.



### WORKSHOPS AND YOGA TEACHER TRAINING

Please visit our website to discover the various workshops and teacher training programs offered to increase your knowledge and deepen your practice.



## rama lotus yoga centre

342 GLADSTONE AVE,  
BETWEEN BANK & O'CONNOR  
WWW.OTTAWAYOGA.COM  
613.234.7974

STORE HOURS:  
SUN TO FRI 9AM-9PM; SAT 9AM-6PM

# JAN-MAR 2012 YOGA CLASS SCHEDULE

## MONDAY

6:30-8:05	Bikram	Hot	Martina
9:30-11:05	Bikram	Hot	Krista
9:30-11:00	Yin/Yang	Sky	Jennifer
11:45-1:15	Power	Hot	Lucy C
12:00-1:00	Kundalini	Earth	Tera C
3:30-5:05	Bikram	Hot	Martina
4:00-5:30	Yin	Earth	Sarah
4:30-5:45	Hot	Sun	Karoline
5:30-7:00	Power	Hot	Lucy C
5:45-7:15	Hatha Flow	Earth	Abe
5:45-7:15	Kundalini + Gong	Sky	Jasvinder
6:30-7:45	Warm Hatha	Sun	Monika
7:30-9:00	Bikram	Hot	Karoline
7:30-9:05	Yin	Earth	Abe
7:45-9:15	Power (warm)	Sky	Ian
8:00-9:15	Hot	Sun	Louise

## TUESDAY

6:30-7:45	Kundalini	Earth	Sue
6:30-7:35	Power Xpress	Hot	Natalie
9:30-11:00	Hot Flow	Hot	Ichih
11:45-1:20	Bikram	Hot	Ed
11:45-1:15	Yin	Earth	Tara P
12:00-1:00	Hatha Beginner	Sky	Veronique
2:00-3:00	Yoga Nidra	Earth	Kristine
3:30-5:05	Bikram	Hot	Martina
3:30-5:30	Kripalu 2 hrs	Earth	Guy
4:15-5:30	Hot Flow	Sun	Veronique
5:30-7:05	Bikram	Hot	Ed
5:30-7:00	Kundalini	Sky	Cindy
5:45-7:15	Ashtanga Basics	Sun	Laurie
5:45-7:15	Hatha	Earth	Sarah
7:30-8:55	Hatha Beginner	Earth	Veronique
7:30-9:00	Hot	Hot	Laurie
7:30-9:05	Yin	Sky	Monika
7:45-9:15	Power	Sun	Mike

## WEDNESDAY

6:30-8:05	Bikram	Hot	Krista
9:30-11:05	Bikram	Hot	Martina
9:30-11:00	Yin/Yang	Sky	Briana
10:00-11:00	Baby & Mom	Earth	Annie
11:45-1:15	Hot	Hot	Laurie
12:00-1:00	Hatha Beginner	Sky	Erin
12:00-1:00	Kundalini	Earth	Meherbani
3:30-5:05	Bikram	Hot	Martina
4:00-5:30	Yin/Yang	Sky	Abe
4:30-5:45	Hot Flow	Sun	Ian
5:30-7:00	Power	Hot	Lucy C
5:45-7:00	Hatha	Sky	Tara P
5:45-7:00	Yoga for Runners	Earth	Tania
6:30-7:45	Hot Flow	Sun	Laurie
7:30-9:05	Ashtanga Basics	Sky	Sarah
7:30-9:00	Bikram	Hot	Ed
7:45-9:15	Yin	Earth	Tara P
8:00-9:15	Hot	Sun	Shelley

## THURSDAY

6:30-7:45	Kundalini	Earth	France
6:30-7:35	Power Xpress	Hot	Natalie
9:30-11:00	Power	Sun	Megan
11:45-1:20	Bikram	Hot	Karoline
12:00-1:00	Hatha (all levels)	Earth	Kat
2:00-3:00	Yoga Nidra	Earth	Kristine
3:30-5:05	Bikram	Hot	Ed
3:30-4:30	Therapeutic Yoga	Earth	Kristine
4:00-5:30	Yin	Sun	Ichih
5:30-7:00	Hatha	Sky	Abe
5:30-7:05	Hot	Hot	Laurie
5:30-7:00	Prenatal + Gong	Earth	Annie
5:45-7:15	Power Vinyasa	Sun	Ichih
7:30-9:05	Bikram	Hot	Karoline
7:30-9:00	Kundalini + Gong	Earth	Annie
7:30-9:00	Yin/Yang	Sky	Kat
8:00-9:15	Hot Flow	Sun	Mike D

## FRIDAY

6:30-7:45	Hot Flow	Hot	Mike D
9:30-11:05	Hot	Hot	Robert
11:45-1:20	Bikram	Hot	Ed
11:45-1:15	Yin/Yang	Earth	Tara P
12:00-1:00	Hatha Gentle	Sun	Michael
12:00-1:15	Power	Sun	Mike D.
2:00-3:00	Community Class	Earth	Monika
3:30-5:05	Bikram	Hot	Ed
4:30-5:45	Hot Flow	Sun	Martina
5:30-7:00	Hot	Hot	Louise
5:30-7:00	Kundalini	Earth	Meherbani
5:45-7:15	Yin/Yang	Sky	Abe
6:15-7:30	Power	Sun	Ian
7:30-9:05	Bikram	Hot	Martina

## SATURDAY

8:45-10:20	Bikram	Hot	Karoline
9:00-10:30	Ashtanga	Sun	Krista
9:00-10:30	Kundalini	Earth	Robert
9:00-10:30	Prenatal	Sky	Shelley
10:45-12:15	Power	Hot	Lucy C
11:00-12:30	Hatha Beginner	Sky	Laurie
11:00-12:30	Yin	Earth	Louise
2:00-3:30	Power Vinyasa	Hot	Ichih
4:00-5:35	Bikram	Hot	Ed
4:00-5:30	Yin	Sky	Veronique

## RECOMMENDATIONS

For new students, we recommend arriving 20 minutes prior to class. All other students please arrive 15 minutes prior to the start of your class. We apologize but late arrivals can not be permitted for reasons of safety and the comfort of other students.

It is recommended not to eat 90 mins before class, and to arrive hydrated.

## SUNDAY

9:00-10:35	Bikram	Hot	Martina
9:00-10:30	Hatha Intermediate	Earth	Jamine
9:15-10:45	Yin	Sky	Richard
11:00-12:35	Hot	Hot	Martina
12:30-2:00	Prenatal	Sky	Amanda
2:30-4:05	Bikram	Hot	Karoline
2:30-4:00	Hatha Beginner	Sky	Amanda
4:30-6:05	Bikram	Hot	Ed
6:30-8:00	Hatha	Sun	Tara P.
6:30-8:00	Power Vinyasa	Hot	Ichih
6:30-8:00	SOMA	Sky	Richard
6:30-8:00	Yin	Earth	Monika

\*Matt will return to his classes in April 2012.

