

## Costs for Drop In schedule:

- First class free for local residents
- Drop in \$20 (INCLUDES GST)
- Student Price ( WITH ID) \$12.00 (INCLUDES GST)
- Teen 5 class pass (12-18 YEARS) \$50 (6 MONTH EXPIRY)
- Seniors Drop in \$17.50 (INCLUDES GST)
- 5 Class pass \$85+GST (6 MONTH EXPIRY)
- 10 Class pass \$150+GST (12 MONTH EXPIRY)
- 20-class pass \$280+GST (12 MONTH EXPIRY)
- One Month Unlimited \$150+GST (NO EXTENSIONS)
- 3 Month Unlimited \$360+GST (NO EXTENSIONS)
- Annual Memberships:
  - Single Membership \$108+GST per month
  - Couples Membership \$185 per monthIncludes a one-time 15-minute private yoga consultation and 10% off all workshops. Members are welcome to store their mats at the studio
- Private Classes:
  - are a great way to fine tune a practice or to receive the extra attention you might need for an injury or special condition.
  - \$80/hr for 1-5 students +GST
  - \$15each/hr for 6+ students +GST
  - no refunds on passes, prices subject to change

## Option to register & pay online

you can now register online for classes and workshops on our website at [oceansideyoga.com](http://oceansideyoga.com), or get the MINDBODY Connect app on your smartphone or tablet.

Please sign up for our newsletter at  
[www.oceansideyoga.com](http://www.oceansideyoga.com)

All prices plus applicable tax no refunds on passes

## BODYWORK FOR WELLNESS AT OCEANSIDE YOGA

### Reiki & Indian Head Massage

with Julie Gauthie  
Reiki is shared by softly touching one's body or holding the hands over the body in a series of positions. \$75 (includes tax) for 60 minutes



Indian Head Massage: The massage will treat the shoulders, the chest, the neck, the head and the face. Oils will be used.  
\$45 for 30 minutes, \$65 for 45 Minutes

### Massage & More

with Sarah Oliver  
Deep Swedish, Relaxation, Fascial Hydration & Thai massage: \$80 +GST for 1 hour,  
\$120 + GST for 90mins / Chair massage  
\$30/20 min



### Qigong Healing

with Leanne Brown  
Sessions address medical issues & emotional imbalances & help to provide relief from the short & long term effects of stress. 90 min  
Medical Qigong treatments for \$120+ GST



### Shiatsu Therapy

with Jane Loney  
Deep muscle release using hands, thumbs & elbows to gentle rocking & shaking of the body to relax joints & realign the spine.  
\$80 +GST for 60 min, \$120 + GST for 90 min



### Acupressure

with Rosemary Lindsay  
Good for relieving stubborn tensions while gaining insight into the mind-body story.  
\$80 + GST for 60 min, \$120 + GST for 90 min.



## BOOK YOUR SERVICE TODAY

stop by the front desk, or book online 250-594-0108 Email:  
[info@oceansideyoga.com](mailto:info@oceansideyoga.com) All Bodywork Services are at

702 Memorial Ave, Unit 5

[www.oceansideyoga.com](http://www.oceansideyoga.com)



# OCEANSIDE YOGA & WELLNESS CENTRE

Oceanside Yoga Centre Welcomes you to balance your life with yoga, a time tested tradition that brings harmony to mind, body and spirit. Whether you are new to yoga or a seasoned practitioner, new in town or just passing through, you are invited to be a part of the yoga community of Oceanside.

## SCHEDULE January 2019

[www.oceansideyoga.com](http://www.oceansideyoga.com)

Memorial Studio - #5-702 Memorial Ave, Qualicum Beach,  
Carriage Lane Studio - #3-177 Second Ave, Qualicum Beach

## Drop in Class Schedule Jan 2019

### Yoga Teacher Training Programs:

#### \* Octopus Garden 200 Hour Teacher Training coming in Spring 2019

Email alexa@oceansideyoga.com for more information.

### Registered Series & Workshops:

#### ~Registered Classes at Memorial Studio~

#### \* Yogilates with Sarah Oliver

Each Series of 4 is \$60 w/ GST  
See our website for dates and times

#### \* Yoga in the Iyengar Style

with Teresa Stanley  
Each series of 4 is \$60+GST  
See our website for dates and times

#### \* Myofascial Yin Yoga with Sarah Oliver Sunday January 27, 10:30am-12:30 pm \$30+GST

#### ~Registered Classes at Carriage Lane Studio~

#### \* Yoga for Beginners 4 Class Series

Tuesdays January 8, 15, 22, 29 7 to 8:15 pm  
Sundays: January 6, 13, 20, 27 1 to 2:15 pm  
\$60+GST

#### \* Rope Wall 4 class series with Theresa Mondays 8:30 to 9:30 am, January 7, 14, 21, 28 Wednesdays 3:00 to 4:00 pm January 9, 16, 23, 30

#### \* Pop Up Rope Wall & Ball Class

with Theresa  
Sunday January 13 from 2 to 3:15 pm.  
\$20+GST (\$10 for Members) Warm up on the balls  
and hang out on the wall limited to 8 people.

#### \* Best Ever Restorative with Jane Loney Saturday January 19, 2 to 4 pm. \$60+GST

**\*Pre registration required**  
for ALL workshops and registered series.  
[oceansideyoga.com](http://oceansideyoga.com)

Day & Time	Class Style	Teacher
<b>Monday</b>		
10 - 11:30 am	Hatha	Theresa
1 - 2:15 pm	Gentle Yoga	Ken
4 - 5:30 pm	Vinyasa	Ken
7:00 - 8:15 pm	Restorative with Yoga Nidra	Jane
<b>Tuesday</b>		
7:45 - 8:45 am	Early Morning Practice	Theresa
9 - 10:30 am	Vinyasa	Theresa
11 - 12:15 pm	Hatha	Sarah
3:30 - 4:45 pm	Qigong	Leanne
5:30 - 6:45 pm	Hatha Flow	Jane
<b>Wednesday</b>		
8:45 - 9:45 am	Memorial Studio Self-myofascial Release	Sarah
10 - 11:30 am	Strength & Balance	Lindsay
12:00 - 1:15 pm	Restorative	Lindsay
5:30 - 6:45 pm	Hatha Flow	Theresa
7 to 8:15 pm	Community Class	Joyalea
<b>Thursday</b>		
7:45 - 8:45 am	Early Morning Practice	Theresa
9 - 10:30 am	Vinyasa	Theresa
11 - 12:15 pm	Hatha	Sarah
5:30 - 6:45 pm	Hatha Flow	Jane
7 :00 - 8:15 pm	Restorative with Yoga Nidra	Jane
<b>Friday</b>		
9 - 10:30 pm	Hatha	Jane
11-12:15 pm	Gentle Yoga	Jane
4 - 5:30 pm	Vinyasa	Alexa
<b>Saturday</b>		
9 - 10:30 am	Vinyasa	Ken
11-12:15 pm	Hatha	Ken
<b>Sunday</b>		
10 :00 - 11:30 am	Vinyasa	Rosemary
4:30 - 5:45 pm	Restorative	Lindsay or Jane

Most drop in classes are at Carriage Lane Studio at #3-177 Second Avenue. Yogilates & Self Myofascial Release are at the 702 Memorial Ave Studio. We also offer treatments (see back page) at the Memorial Location. Please check the location for all of our workshops and special events.

### Class Descriptions/ Drop In Classes:

**Hatha:** An active, all levels class.

**Hatha Flow:** An all levels class introducing some of the elements of vinyasa.

**Vinyasa:** An energetic and vigorous class.

**Not suitable for those with serious injuries.**

**Gentle Yoga:** Easy, gentle movements suitable for anyone, including beginners.

**Qigong:** An ancient healing practice of easy-to-learn exercises, all levels welcome.

**Restorative:** A gentle, supported practice that moves the body and mind into deep relaxation.

**Self-myofascial Release:** Using the foam roller, therapy balls, and other props (including the Back Mitra/spinal strip) to loosen tension in muscles and connective tissue. **Memorial Studio**

**Strength and Balance:** Simple movement and practical exercises to support joint stability, strengthen major muscles and core, and improve overall balance. This class is open to all levels and ages.

**Community Class** - all levels \$7 for a drop in