

## Costs for Drop In schedule:

- First class free for local residents
- Drop in \$20 (INCLUDES GST)
- Student Price ( WITH ID) \$15.00 (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+**



### 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  
March 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 Mar 2019

### Yoga Teacher Training Programs:

**\* Octopus Garden 200 Hour Teacher Training Starts May 18, 2019**

See the website for details

### 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 March 3rd, 10:30am -12:30 pm \$30+GST

**~Registered Classes at Carriage Lane Studio~**

**\* Rope Wall 4 class series**

with Theresa

Mondays 8:30 - 9:30 am, Wednesdays 4:00 - 5:00 pm. \$80+GST

**\* Yogilates with Ball & Rope wall**

with Sarah Oliver - Mondays 6 - 7 pm. \$60+GST

**\* Best Ever Restorative**

with Jane Loney

Saturday March 23, 2 - 4 pm. \$60+GST

**\*Pre registration required  
for ALL workshops and registered series.  
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      |
| 7:15 - 8:15 pm      | Yoga Nidra<br>Guided Meditation | 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     |
| 7:00 - 8:00 pm      | Mantra & Meditation             | Ken      |
| <b>Wednesday</b>    |                                 |          |
| 8:45 - 9:45 am M.S. | 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     | Jane                            |          |
| <b>Friday</b>       |                                 |          |
| 9 - 10:30 pm        | Hatha                           | Jane     |
| 11-12:15 pm         | Gentle Yoga                     | Jane     |
| 4 - 5:30 pm         | Vinyasa                         |          |
| <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 |
| 2:30 - 3:45 pm      | Restorative                     | Lindsay  |
| 4:30 - 5:45 pm      | Restorative                     | Lindsay  |

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:

**New Class - March 2019 Mantra & Meditation:**

Sound into Silence, drop in and discover the powerful practice of Japa (the meditative repetition of a phrase or mantra), followed by silent meditation.

No experience is necessary.

**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