

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
 - \$15ea/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, or get the WELLNESSLIVING ACHIEVE app on your smartphone or tablet.

Please sign up for our newsletter at www.oceansideyoga.com

All prices plus applicable tax no refunds on passes

BODYWORK FOR WELLNESS AT OCEANSIDE YOGA

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

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 2020

www.oceansideyoga.com

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

Schedule from March, 2020

CONTINUING YOGA EDUCATION

For Curious Yoga Students of all Levels
with Theresa Whitely & Ken Lister CEC Eligible
with Yoga Alliance

Saturday March 28, 2 - 4pm
Inversions Workshop \$30 + GST

REGISTERED SERIES & WORKSHOPS

REGISTERED CLASSES AT CARRIAGE LANE STUDIO

Yogilates with Ball & Rope wall
with Sarah Oliver- Mondays 6 - 7:15pm
Each Series of 4 is \$60 + GST

Yoga for Stiff Guys
with Ken Lister- Wednesdays, 6 - 7:15pm
Each series of 4 \$60 + GST

Prenatal Yoga
with Madison- Sundays 12 - 1pm
Each series of 4 \$60+ GST

Feldenkrais Registered Series
with Violet Van Hees- Thursdays 1 - 2pm
Each series of 4 \$60+ GST

Day & Time	Class Style	Teacher
Monday		
10 - 11:30 am	Hatha	Theresa
1 - 2:15 pm	Gentle Yoga	Ken
4 - 5:30 pm	Vinyasa Yoga	Ken
Tuesday		
9 - 10:30 am	Vinyasa Yoga	Theresa
11 - 12:15 pm	Hatha	Sarah
3:30 - 4:45 pm	Qigong	Leanne
6 - 7 pm	Hatha Flow	Jane
Wednesday		
10 - 11:30 am	Strength & Balance	Lindsay
12:00 - 1:15 pm	Restorative	Lindsay
Thursday		
9 - 10:30 am	Vinyasa Yoga	Theresa
11 - 12:15 pm	Hatha	Sarah
6 - 7 pm	Hatha Flow	Jane
7:15 - 8:30 pm	Restorative Yoga	Jane
Friday		
9 - 10:30 am	Hatha	Jane
11-12:15 pm	Gentle Yoga	Jane
4 - 5:30 pm	Vinyasa	Sarah
Saturday		
9 - 10:30 am	Vinyasa Yoga	Ken
11-12:15 pm	Hatha	Ken
Sunday		
10 - 11:15 am	Hatha	Madison
2:30 - 4 pm	Strength and Balance	Lindsay
4:30 - 5:45 pm	Restorative Yoga	Lindsay

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

Strength and Balance Simple movements 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