



Winter 2012 Workshops & Special Events

~ January ~

- ◆ **Yoga 101 Workshop** w / *Shirling*: Sat Jan 7, 1 – 3 pm. \$20.
- ◆ **Zumba Resolutions Party** w / *Ildiko*: Mon Jan 9, 7 – 8 pm. Cost: FREE! <Limited spaces available.>
- ◆ **Yoga & Pilates for Hockey Players and Skiers** ~ w / *Angela & Ruth*: Fri Jan 20, 6:30 - 8:30 pm. \$20.

~ February ~

- ◆ **PD Day Family Yoga** w/ *Shirling*: Fri Feb 3, 10:30-11:15 am. \$15 / pair. \$5 / additional parent or child. For children ages 4-8 and their parents.
- ◆ **Powerful Childbirth** ~ Mindfulness & Coping Techniques w/ *Amanda*: Friday Feb 10, 7 - 9 pm. \$20 or \$36 for 2.
- ◆ **A Girl's Guide to Snake Charming** ~ Bellydance+Burlesque Playshop w/*Katie*: Sat Feb 4, 1:30-3:30 pm. \$18 or \$30 for 2.
- ◆ **An Afternoon of Blissful Healing** ~ Unwind w/Massages, Yoga & More: Sat Feb 11, 1:30 – 4 pm. \$38 or 2 for \$70.
- ◆ **Intro to Meditation Workshop** w / *Leslie*: Sat Feb 25, 2 - 3:30 pm. \$15.

~ March ~

- ◆ **Empowering Women through Yoga & Writing** ~ A Fund Raiser for Phoenix Rising Women's Centre w/ *Vicki & Amanda*: Sat Mar 10, 1 - 4 pm. Suggested donation: \$20

~ Self-Healing through Massage Series ~

- ◆ **Part 1. Intro to Shiatsu + Zen Meridian Yoga Stretch workshop** w / *Tonya*: Sat Jan 28, 1:30 - 3:30 pm.
- ◆ **Part 2. Foam Roller for Injury Prevention & Tension Release** w/ *Angela*: Sat Mar 3, 1:30 - 2:30 pm.
\$20 each or \$36 for both workshops.