



Planet BOTANIX

Yoga In
Centretown
301 Bank St.
(613)567-4444

Day	Time	Class	Instructor
Tues	12pm-1pm	Open & Flow	Melanie
	5:30pm-6:30pm	FundaGentle Flow Basics	Melanie
Wed	12pm-1pm	Open & Flow	Melanie
	5:30pm-6:30pm	Inner Glow Yoga Flow	Melanie
Thurs	12pm-1pm	Yoga Power Flow	Ekaterina
	4:45-6pm	Yoga Free Your Hips	Ekaterina
Fri	3:45pm-5pm	Gentle Yoga with Qi Gong & Meditation	Ekaterina
Sat	9am-10am	Energy Yoga Flow	Ekaterina

Open & Flow Yoga

*Tuesdays & Wednesdays
12pm-1pm*

Designed for life in motion!

Busy day?? Take a yoga break and stretch, move, laugh and breathe. Take some time just for you to re-energize, clear your mind and breathe out any stresses of the day. This all level class is the perfect opportunity to feel refreshed and rejuvenated as you head back to work or the activities of the day.

FundaGentle Flow Basics

Tuesdays 5:30pm-6:30pm
The high road easy!

Great for beginners this mellow flow class focuses on an exploration of basic yoga poses and how to connect them through attention to breathing, alignment and mindfulness while encouraging non-striving. You work hard in the rest of your life! An equally important aspect of your yoga practice is the ability to let go and to fully experience what is. All Levels.

Yoga Power Flow

Thursdays 12pm-1pm

A strong, dynamic flow of Ashtanga sun salutations, warrior sequence, abdominal and low back poses connected by the breath. Not suitable for absolute beginners.

Yoga Free Your Hips

Thursdays 4.45pm -6pm

Excellent opportunity for office workers or for runners to feel more freedom in their movements. Your hips will feel different after you walk out of the class!

Energy Yoga Flow

Saturdays 9am-10am

A dynamic, energizing class to get your week- end rolling off a good start.

Inner Glow Yoga Flow

Wednesdays 5:30pm - 6:30 pm
Freedom is a state of mind!

This class borrows from a blend of yoga traditions focusing on creative sequencing and breath-synchronized movement. After gently awakening and warming the body, we progress to flowing sequences investigating the connection between breath, movement and the mind. This practice incorporates the idea of meditation in motion, leaving the practitioner feeling energized, centered and more connected to Self. All Levels.

Gentle Yoga with Qi Gong & Meditation

Fridays 3.45pm-5pm

A class which is gentle on the joints. In fact it works on developing joint flexibility, balance and coordination. Includes self massage and healing meditation. Excellent class for older beginners, those recovering from injuries and all seeking to heal.

Prices:

First Time Drop In - \$5

Regular Drop In - \$15

10 Class Pass - \$120

*Classes Starting
March 1st!*