



WHAT 2012 HAS IN STORE FOR US

Let's start the year off with lots of practice and **special fees!**

Special unlimited **2-Month Pass** January/February: \$200.

New to us — your first **10-Class Pass** is only \$80.

We offer a **Student 10-Class Pass** for \$100 (regular **Unlimited Monthly** or **10-Class Pass** is \$120).

Ask about our new **Annual Pass!**

SPECIAL CLASSES

NEW! Back to Basics

Wednesdays, 5:30–6:30 p.m.

This class is a good starting point for new students and practising students who want to get “back to basics.” Attention will be paid to the fundamentals of the practice, working with the breath and learning the vinyasa (breath/movement). The structure of the class will follow the first half of primary series (sun salutations, standing poses, seated poses, and finishing). Modifications will be given for more difficult postures.

Ashtanga for Everyone

Sundays, 10 a.m.

Led primary series taught with the traditional Sanskrit count, adding on intermediate poses. We incorporate light pranayama and some chanting. For 2012, **Good Karma** will be held on the third Sunday of each month. Otherwise, there will be a special drop-in rate of \$10 for new students.

Come and try a class taught in this traditional format. Do what you can, bring a friend, have fun! (Can't make Sunday? Tuesdays at 6 p.m. and Fridays at 9 a.m. are also Led classes taught using this traditional format.)

Q&A SESSIONS RETURN

Saturdays, 11:30–12:30 p.m.

These sessions will be held monthly following the 10 a.m. Saturday Mysore class. Specific dates will be announced on your weekly class sign-in sheet.

A NOTE ON MYSORE

This is the traditional way Ashtanga is taught. In this system, it is best to combine Mysore with Led classes as your weekly regime to truly reap the benefits of the practice. Both are good, but you should not do all of one or the other.

With Led, you learn the vinyasa and rhythm. With Mysore style, you learn how to integrate the practice internally — the teacher is there to assist you as you need it, whether it be getting help with more difficult postures or help with the sequencing (i.e. you will be led if you need it). Mysore is not for more experienced students — this is the best way to learn.

The nice thing also is that you can do as little or as much as you like, and you are your own boss (within reason). We offer **four morning** and **three evening** Mysore options, so there's lots of opportunity to try a class. If you haven't tried a Mysore class yet, **your first one will be free!**

WORKSHOPS 2012

Beginner Workshop

Saturday, January 14, 2012, 2–4:30 p.m.

In this workshop we will look at the Ashtanga practice from the inside out, focusing on its building blocks — **breath**, **drishti** (focus), and **bandhas** (energy locks). When Ashtanga is practised with this emphasis, anyone can do it and reap the benefits. The workshop includes a beginner class. **Cost is \$40.**

Intermediate Clinic

Saturday, February 25, 2012, 1–3:30 p.m.

Let's demystify a series that has been incorrectly sold as “hard.” Yes, it is called “second,” and the “first” series is its building block, but anyone can do this series. We will go through the series slowly and steadily, giving modifications to the more difficult poses. As well, we will look at the correct vinyasa for entering and exiting the postures — this helps tremendously! At the end of this session, you will easily integrate intermediate postures into your regular practice. **Cost is \$40.**

A Weekend of Ashtanga with Greg Tebb

Spring 2012, Halifax, Nova Scotia

Welcome back, Greg! More details to come.

Ocean Retreat and Ashtanga Intensive with Nancy Gilgoff

July 7–13, 2012, Shobac, Lunenburg, Nova Scotia

More details to follow in early 2012. View our accommodations and stunning location at www.shobac.mlsarchitects.ca

Weekend Workshop with Nancy Gilgoff

July 14–15, 2012, Halifax, Nova Scotia

CLASS SIGN-IN

An updated class schedule is posted weekly on the home page of the website — this provides the most timely class information and is used to post schedule changes due to weather, moon days, etc., so please get into the habit of checking in. And remember to sign in for classes!

Looking forward to seeing you in the new year!