

CLASSES

Classes at the Yoga Collective will enhance your daily life with increased flexibility and strength, ease and energy, focus and awareness. We encourage you to experience a variety of classes.

A MORNING PRACTICE | MARGOT

Join Margot for an hour-long practice including standing and seated stretches, movement and stillness, energizing and calming work. A happy blend of yin and yang.

ASHTANGA-BASED YOGA | PAUL

The Ashtanga style is dynamic and muscular, promoting strength and flexibility. Appropriate for the experienced student and fit beginner.

CHILDREN'S YOGA | ADRIENNE

This super fun and playful class encourages a child's vivid imagination while strengthening their growing muscles. Ages 3 to 6 years.

END OF DAY HATHA FLOW / RESTORATIVE | SILVANA

Release, restore and ready your mind and body for a restful sleep. Conscious breath work is woven into detailed instruction on the postures – movement complementary to the time of day and deeply restorative poses supported by props.

GENTLE WISHPATH VINYASA YOGA | MEREDITH

Learn to live and move from centre with a gentle flow of standing poses followed by deep relaxation using bolsters and other props.

HATHA FLOW | SILVANA

This style of yoga practice works with both Yin and Yang style movements, focusing on restoring balance. Conscious breath work and yoga philosophy are woven into detailed instruction on the postures. Open to all levels.

HATHA YOGA | KATHY

Relaxation, breathing and stretching to free and focus the body and mind followed by core strengthening and traditional hatha poses. Move and connect from the core, free the joints, and develop awareness of personal alignment habits.

HATHA / THERAPEUTIC YOGA | STEPHANIE

Strengthening as well as healing, this class creates space, stability, flexibility and restoration. With attention to alignment, freedom of breath and adjustments you will deepen your practise. Therapeutic applications shared with all.

MOM & BABY NIA™ | LESLIE

Fun, holistic fusion fitness and connection. Baby must be securely worn during class. This class is open to everybody with or without babies.

PARENT & CHILD YOGA | ADRIENNE

Take some time to bond with your little yogi through playful poses, songs, stories, games, and a dash of relaxation! This class is designed for children 3 to 6 years of age and a favourite grown up.

SUNTWINE AWAKEN YOGA | LISA

Awaken your body with slow movements from one yoga pose to the next, with a focus on the breath and how the body is feeling during each motion, like a moving meditation. Focus your mind and establish a clear path for the rest of the day.

SUNTWINE UNWIND YOGA | LISA

This hour long class focuses on stretching the entire body, with gentle movements to prepare the body for rest. Final focus serves to relieve tension from the body using breath work and meditation at the end of class.

WISHPATH CHILDREN'S YOGA | MEREDITH

Children's Yoga offers exercise and relaxation in a playful, fun format for students ages 6-12.

WISHPATH PARENT & BABY YOGA | MEREDITH

Parent & Baby yoga offers a place for parents and babies to connect with other families while strengthening, stretching and relaxing through yoga.

WISHPATH PRENATAL YOGA | MEREDITH

Prenatal Yoga supports the needs of a pregnant woman's body and teaches birthing support techniques using the The Yoga Birth Method™.

WISHPATH TEEN YOGA | MEREDITH

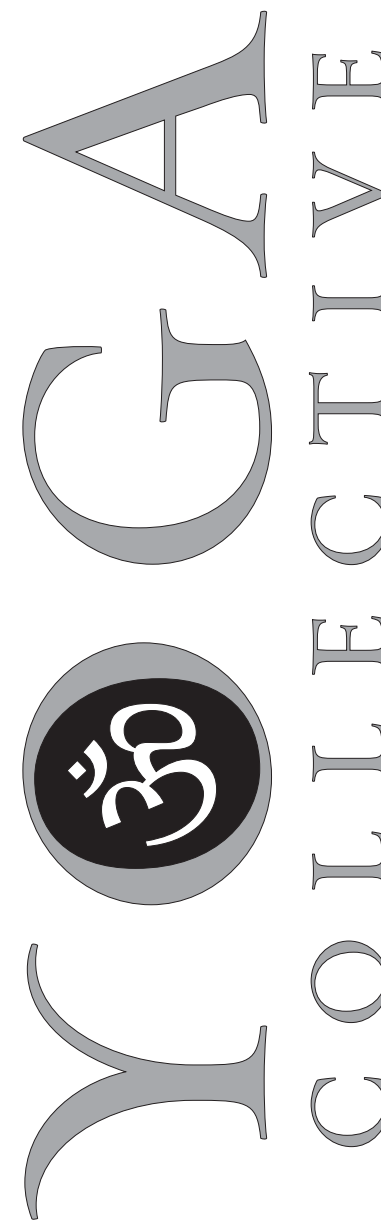
Teen Yoga offers stress reduction and exercise in a happy non-competitive environment for students ages 12-17.

WISHPATH VINYASA YOGA | MEREDITH

Learn to live and move from centre in a practice where poses are fluidly connected, and both the mind and body stretched and strengthened.

YIN YOGA | MARGOT

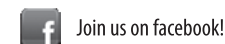
Yin yoga is a quiet, meditative practice, with slow, sustained stretches targeting the fascia of the body as well as joint attachments. Particularly beneficial for hips and knees.



AS OF JANUARY | 2018

www.yogacollective.com

42 WELLINGTON STREET, STRATFORD | 2ND FLOOR



OPEN SCHEDULE

TIME	CLASS	LEVEL	INSTRUCTOR
MONDAY			
10am	Gentle Wishpath Vinyasa Yoga	G/M	Meredith
5:30pm	Hatha Flow Yoga	G/M/V	Silvana
7:30pm	End of Day Hatha Flow / Restorative Yoga	G/M	Silvana
TUESDAY			
9:15am	Hatha / Therapeutic Yoga	G/M/V	Stephanie
10:45am	Suntwine Awaken	G/M	Lisa
5:30pm	Ashtanga-based Yoga	M/V	Paul
7:15pm	Suntwine Unwind	G/M	Lisa
WEDNESDAY			
9:15am	Yin Yoga	M	Margot
7pm	Wishpath Vinyasa Yoga	M/V	Meredith
THURSDAY			
5:30pm	Gentle Wishpath Vinyasa Yoga	G/M	Meredith
FRIDAY			
9:15am	A Morning Practice	G/M/V	Margot
10:30am	Hatha / Therapeutic Yoga	G/M/V	Stephanie
noon	Meditation	G	Margot
SATURDAY			
9:15am	Hatha Yoga	G/M	Kathy

Levels : G (gentle) | M (moderate) | V (vigorous)

If you are new to yoga or have been away from your mat for a time, you will find any G/M class to be suitable. Feel free to discuss this with the teacher before class, or call any of our teachers!

SESSIONAL CLASSES

TIME	CLASS	LEVEL	INSTRUCTOR
MONDAY			
9am	Wishpath Parent & Baby Yoga	G/M	Meredith
4:15pm	Wishpath Yoga for Teens	M	Meredith
WEDNESDAY			
5:45pm	Wishpath Prenatal Yoga	G/M	Meredith
THURSDAY			
10:30am	Mom and Baby Nia™	G/M/V	Leslie
4:30pm	Wishpath Yoga for Children	G/M	Meredith
SUNDAY			
11am	Parent & Child Yoga	G/M	Adrienne

PLEASE CONTACT INSTRUCTOR DIRECTLY TO REGISTER FOR SESSIONAL CLASSES.

Our sunny studio space is often described as a real oasis in the heart of downtown Stratford. Our teachers are highly trained yoga practitioners and instructors who also have a wealth of knowledge in many different healing modalities.

F E E S

New to the Yoga Collective? Local residents can try two weeks of unlimited classes **from the open schedule** for \$25! After that a single class is \$18 (\$10 for students) and one-month of unlimited classes is \$125. Class cards are also available for 5 classes (\$75), ten classes (\$140) or 20 classes (\$240) and have a four-month expiry. **WE ACCEPT ONLY CASH AND CHEQUE PAYMENTS.**

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Join us on facebook!

INSTRUCTORS & THERAPISTS

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