

# SAMAVA YOGA STUDIO



## May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>31</b>					<b>1</b>	<b>2</b>
Gentle 11:30am Vinyasa Flow 1pm		<b>**NEW** Store Hours Tuesday 10-2 Saturday 11-2</b>			Morning Quickie 30mins 6:45am  Vinyasa Flow 5:30pm	Yin/Yang 10am
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Gentle 11:30am Vinyasa Flow 1 pm	Morning Quickie 30mins 6:45am  Buti 7pm	Chakra Flow 5:30pm  Yin 7pm	Morning Quickie 30mins 6:45am Vinyasa Flow 6pm <b>Yoga 101 7:30pm Session 1</b>	Gentle 5:30pm  Restorative 7pm	Morning Quickie 30mins 6:45am  Vinyasa Flow 5:30pm	Yin/Yang 10am
<b>10</b>	<b>Victoria Day 11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Gentle 11:30am Vinyasa Flow 1pm	Morning Quickie 30mins 6:45am  Buti 7pm	Chakra Flow 5:30pm  Yin 7pm	Morning Quickie 30mins 6:45am Vinyasa Flow 6pm <b>Yoga 101 7:30pm Session 2</b>	Gentle 5:30pm  Restorative 7pm	Morning Quickie 30mins 6:45am  Vinyasa Flow 5:30pm	Yin/Yang 10am
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Gentle 11:30am Vinyasa Flow 1pm	Morning Quickie 30mins 6:45am  Buti 7pm	Chakra Flow 5:30pm  Yin 7pm	Morning Quickie 30mins 6:45am  Vinyasa Flow 6pm	Gentle 5:30pm  Restorative 7pm	Morning Quickie 30mins 6:45am  Vinyasa Flow 5:30pm	Yin/Yang 10am  <b>Yoga 101 2pm Session 1</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
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# WHAT'S NEW FOR MAY...

## REIKI:

Now offering reiki sessions at the studio – only \$40+HST for 1 hour sessions

Sessions are limited. Available days/times are now on the booking site. These days/times will change as time goes on, if you have a special request: please send a message through the contact us page on our website.

## What does Namaste mean and why we say it:

"The divine light in me bows to the divine light within you."

*Namasté* represents the idea that all are one. It affirms that beneath the outer trappings that make you appear different from others, you are made of the same stuff. You are more the same than you are different.

[www.chopra.com/articles/learn-the-meaning-of-namaste](http://www.chopra.com/articles/learn-the-meaning-of-namaste)

## CLASSES:

### (60mins \$16+HST / 30mins \$8+HST BUTI CLASS

Buti Yoga is a dynamic asana practice fused with primal movement, tribal dance and deep core engagement. Empower yourself and build confidence as you join a unique class that is super fun.

### CHAKRA FLOW CLASS

Starting our class together we explore the seven main chakras. If you chose, you have an opportunity to explore the pendulum and how it is able to assist us in determining any blockages within our energy system. Each week, we'll work through all seven chakras with a focus on a specific chakra.

An info sheet is available each week to all participants.

Offered each Monday.

May 4 – All chakras

May 11 – Root

May 18 – Sacral

May 25 – Solar Plexus

### GENTLE YOGA

Gentle yoga class combines a focus on stretching and warming up the muscles leading to a peak balancing pose before final savasana.

### YIN/YANG YOGA CLASS

Our yin and yang class offers the combination of an active flow class (the Yang,) with a Yin component that works with our connective tissue.

### VINYASA FLOW CLASS

Regular flow yoga class, fast paced compared to gentle yoga. Features a warm up to sun salutations (Surya Namaskar,) with a cool down period before savasana.

### RESTORATIVE WITH YOGA NIDRA AND INFUSED WITH REIKI HEALING

Our restorative classes now incorporate a Yoga Nidra practice allowing your body to become fully relaxed during the restorative portion and ready to receive the benefits of Yoga Nidra. Reiki healing is offered during this practice to further support your work during this self-care practice.

### YIN YOGA CLASS

Yin class is a slow paced class with the intention to hold poses from 3-5 minutes allowing us to access the deeper levels of fascia. This class provides time to be introspective.

### MORNING QUICKIES – 30MINS

Offered Monday, Wednesday and Friday. 30-minute classes at 6:45am. Gentle class to start the day.

## Important Notice:

It is important that if you're interested in attending classes at the studio, please book through our booking website at [www.samavayoga.as.me](http://www.samavayoga.as.me)

This is important, as we're still growing and if one person is signed up, we will be there. It is a risk to come as a walk in. If no one has actually signed up through the booking system, we are automatically cancelling the class.

## Thank you to our amazing clients:

We'd like to take this space to thank all our amazing clients. 2020 has certainly had numerous challenges and as we start to rebuild after Covid-19, our grateful hearts go out to all of you. Without each and every one of you, we would cease to exist. Thank you from the bottom of our hearts.

We have decided to take this time to slowly start back into the swing of a full calendar.

If you have any suggestions, class ideas/times, workshops you'd like to see incorporated into our calendar – please don't hesitate to let us know. We are available through facebook, our website, Instagram, anytime before or after classes.