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| |  | | --- | | Your affordable neighborhood Yoga & Pilates studio  Enjoy **Yoga and Pilates** in a retreat setting located on a Picturesque Blueberry farm in Saanichton.  Please see the back for the **WINTER Schedule.** Give yourself an extra 15 mins for registration if this is your first visit to the studio.  **NEW:**  **Barre and Aerial Yoga**  Please visit our website for more details! | |  | |  | |  | |  |  | |  | | --- | | **FALL CLASS SCHEDULE**  **Monday**  **Pilates Barre 5:30-6:30**  **Flow 6:35-7:35**  **Tuesday: Barre 101 noon**  **Yin/Iyengar @6:30-7:30**  **Wednesday**:  **Barre and Band 12:30**  **Strong Hatha 6:30**  **Thursday:** **Pilates 5:30-6:30pm**  **Hatha and Yoga Nidra 6:35pm**  **Friday: Hatha 9:30-10:30**  **Pilates Barre 101 noon** | | **Saturday**  **CLOSED**  **Sunday CLOSED**  **PLEASE REGISTER FOR AERIAL YOGA BY TEXT TO 6043417407, OR EMAIL. If there are less than 2 registrants, the class will not run.** | |  | |  | | --- | | Welcome to Blueberry Yoga & Pilates!  **Gina van der Eyden – Certified Yoga and Pilates instructor** | |  | | http://hrsbstaff.ednet.ns.ca/jillianluk/images/yoga_tree.jpg | |  | |  | |

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| |  | | --- | |  | | **What we offer!**  **YOGA CLASSES**  **Hatha** (60mins) – A practice of yoga postures, breathing exercises and relaxation techniques. Special focus will be based on alignment, rotation, and engagement. *Suitable for all levels*  **Flow** (60mins) – A dynamic class that builds on the elements of hatha. Special focus is on movement that flows through a vigorous series of asanas (yoga postures). *This is a faster paced class suitable for all levels*  **Yin-Yang** (60mins) – Deep stretch yoga where sustained stretching (yin poses) is designed to preserve and support joint, bone and connective tissue. Some hatha is included as part of this class. *Suitable for all levels*  **Iyengar Inspired Hatha** (60mins) – A hatha class where blocks, belts and bolsters are used to sustain poses and encourage deep stretching. *Suitable for all levels* | | |  | | --- | | “The rhythm of the body, the melody of the mind, and the harmony of the soul creates the symphony of life.””  - **B.K.S Iyengar** | | **Foundation Flow** (90mins) – An introduction to sequencing (yoga movements). Emphasis is placed on movement from one asana (yoga pose) to another.  \*\* This workshop in only offered through pre-registration – please contact for details  **Hatha 101** (60mins) – Perfect for beginners. Emphasis is placed on breathing, alignment and the benefits of adjustments. This workshop is a series of 6 classes.  \*\* This is only offered through pre-registration – please contact for details  **PILATES CLASSES**  **Mat Pilates** (60mins) – A vigorous class which introduces stretches that develop strength, muscle tone, coordination, endurance and flexibility. Focus is on core stability.  **Sliding Disk Pilates and Barre** (60mins) – Using the foundations of Mat Pilates, these classes add the element of sliding disks and or barre; which results in a more dynamic workout that accentuates spinal movement and core stability. | |  | **Rates**  **YOGA**  \*\* These rates cover ALL Hatha, Flow, Yin-Yang and Iyengar Inspired Hatha classes   * **Monthly Membership 70$**   **First class 10$**   * Drop-in **– 20$**   **PILATES and BARRE**  \*\* These rates cover ALL Mat Pilates and Sliding Disk Pilates and Barre classes   * Monthly Membership **– 80$ for unlimited** access * Drop-in **– 20$**   **YOGA, PILATES and BARRE PACKAGE**  \*\* This rate covers Hatha, Flow, Yin-Yang, Iyengar Inspired Hatha, Mat Pilates and Sliding Disk Pilates   * Monthly Membership **– 100$**     **AERIAL YOGA AND FITNESS**  **Registered series**  **4 CLASSES 80$**  **Membership drop in 16$ special rate**  **10 CLASS PUNCH CARD 100$**  **5 CLASS PUNCH CARD 50$**  **Contact Us**  **Blueberry Yoga & Pilates Studio**  6410 Old West Saanich Rd, Saanichton, Victoria B.C V8M 1W8  Gina. 604.341.7407  tgvdeyden@gmail.com  **www.blueberryyogaandpilates.com**  **check us out on Facebook** |
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