

# 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!

## WINTER CLASS SCHEDULE

**Monday**    **Mat Pilates: 6:15-7:15 pm**

**Tuesday:**    **Hatha: 6-7:15pm**  
                  **Pilates Barre: 7:15- 8:15pm**

**Wednesday:**

**Thursday:**    **Pilates 5:30-6:30pm**  
                  **Hatha /Yoga Nidra 6:35pm**

**Friday:**        **Hatha 9:15am-10:20am**  
                  **Pilates Barre 101 10:30-11:30am**

**Saturday**      **CLOSED**

**Sunday**         **CLOSED**

**PLEASE REGISTER FOR ALL CLASSES 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





"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

## 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

**Foundation Flow** (90mins) – An introduction to sequencing (yoga movements). Emphasis is placed on movement from one asana (yoga pose) to another.

\*\* This workshop is 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 – **15\$**

### 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

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