

# 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

<b>Monday</b>	<b>Mat Pilates: 6:15-7:15 pm</b>
<b>Tuesday:</b>	<b>Pilates Barre: 5:30-6:35pm Hatha: 6-7:15pm</b>
<b>Wednesday:</b>	<b>Barre and Band 5:30-6:35 Hatha/Yin 6-7:15pm</b>
<b>Thursday:</b>	<b>Pilates 5:30-6:30pm Hatha and Yoga Nidra 6:35pm</b>
<b>Friday:</b>	<b>Hatha 9:15-10:20 Pilates Barre 101 10:30-11:30</b>
<b>Saturday</b>	<b>CLOSED</b>
<b>Sunday</b>	<b>CLOSED</b>

**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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