



MAY/JUNE 2012 WEEKLY CLASS SCHEDULE

(ALL WEEKLY CLASSES OFFERED ARE ON A DROP-IN BASIS.)

*We are open Monday May 21st HALF DAY, last class at 10:45

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 - 8:00 am Morning Flow M Karin	7:00 - 8:00 am Hatha Flow M Katie	7:00 - 8:00 am Morning Flow M Karin	7:00 - 8:00 am Hatha Flow M Katie	7:00 - 8:00 am Morning Flow M Karin		
9:00 - 10:30 am Yin Yoga G (B) Dawn	9:15 - 10:30 am Power Flow M/V Carrie	9:00 - 10:30 am Vinyasa Flow V Tracey	9:15 - 10:30 am Power Flow M/V Carrie	9:00 - 10:30 am Vinyasa Flow M/V Monique	9:00 - 10:30 am Power Flow M/V Carrie	9:00 - 10:15 am Vinyasa Flow M/V Fiji
10:45 - 11:45 am Hatha G/M(B) Karin	10:45 - 11:45 am Hatha G (B) Jacquie	10:45 - 11:45 am Hatha G/M(B) Karin	10:45 - 11:45 am Hatha G (B) Jacquie	10:45 - 11:45 am Hatha G/M(B) Karin (starts May 11th)	11:00 - 12:15 pm Anusara-Inspired M Trevor	10:30 - 12:00 pm Yin Yoga G (B) Trevor
	1:15 - 2:15 pm Mom & Baby Karin	12:00 - 1:00 pm Hatha Flow G/M(B) Dava (community class)	1:15 - 2:15 pm Mom & Baby Karin			12:30 - 1:30 pm Anusara-Inspired M Jonathan
3:30 - 4:45 pm Yoga for Anxiety Karin May 7th & 14th				2:00 - 3:00 pm Hatha G/M(B) Liz (community class)		
5:00 - 6:15 pm Power Flow M Fiji (in June)	4:45 - 5:45 pm Vinyasa Flow M Karin	5:00 - 6:15 pm Vinyasa Flow M/V Fiji	4:30 - 6:00 pm Vinyasa Flow V Maria	5:00 - 6:15 pm Vinyasa Flow M Tracey	4:30 - 6:00 pm Restorative G(B) Corey	4:30 - 5:45 pm Hatha G/M(B) Meagan
6:30 - 7:30 pm Hatha G/M (B) Karin	6:00 - 7:30 pm Anusara-Inspired M Trevor	6:30 - 7:30 pm Hatha G/M David	6:15 - 7:15 pm Hatha G/M (B) Michelle			
7:45 - 9:00 pm Vinyasa Flow M Guy	7:45 - 9:00 pm Yin Yoga G (B) Mal	7:45 - 9:00 pm Restorative G(B) Corey	7:45 - 8:45 pm Mantra & Meditation Kelly			

Class Code: G - Gentle, M - Moderate, V - Vigorous, B - Beginner appropriate
Please Arrive 10 - 15 Minutes Early For Class

For more information on class descriptions,
please visit our website: www.hemma.ca

WORKSHOPS AND EVENTS

Chakra Yoga
w/Fiji McAlpine
Saturday May 5th 1-4pm

Acroyoga
w/Trevor Yelich
Sunday May 6th 2-4pm

Mother's Day Yoga Practice
w/Dawn Rabey
Sunday May 13th 2-4pm

**Flight Training -
Arm Balance Workshop**
w/Jonathan Boyd
Saturday May 26th 1-3pm

Chanting a Healing Mantra
w/ Kelly Yaskiw
Sunday May 27th & June 24th 6-7pm

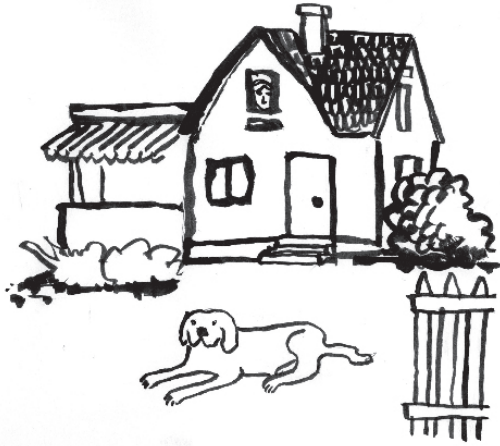
Transformational Breathing
w/Trevor Yelich
Saturday June 9th 1-4pm

**Hemma Potluck
Sunday June 3rd at 2pm**
Come share food and conversation
with your community
ALL WELCOME!

Merging with Spirit
w/visiting teacher Sama Fabian
Friday June 15th 1:30-4:30pm

More workshops and details on our
Events page online: www.hemma.ca

Please Note: No refunds 7 days prior to
workshop



hemma

hemma - (hem-mah) pronunciation

hemma means "home" in Swedish.

Home is where we feel safe, supported, encouraged, and loved for being us.

All over the world people yearn for home, both in the spiritual and material sense.

Home is the place we go to where we feel like we belong.

hemma is a community oriented yoga studio and community based acupuncture clinic.

We welcome people of all ages interested in movement, inquiry, healing, and connection.

It is a mandate of *hemma* to contribute 2% of profits to community based organizations, working to better the lives of all community residents.

With our sliding scale fee structure for our yoga and acupuncture services, we are working towards greater transparency in running an ethical, just business.

Thank you for your ongoing support!

SLIDING SCALE PRICES

DROP-IN

60 Minute Class	\$10-\$15
75 Minute Class	\$13-\$18
90 Minute Class	\$15-\$20
Community Class	\$5-\$15

*Prices includes tax

TIME CARDS*

450 Minutes (approx. 6 classes)	\$65-\$85
900 Minutes (approx. 12 classes)	\$130-\$160
1800 Minutes (approx. 24 classes)	\$240-\$295

*Prices do not include tax

UNLIMITED MEMBERSHIPS*

1 Week	\$30-\$40
1 Month	\$120-\$135
3 Months	\$335-\$375
6 Months	\$540-\$600

*Prices do not include tax

Private's/Yoga Therapy/Mentoring Inquire

For more information on the sliding scale visit our website.

Please contribute within the sliding scale what you can thus building a community based on cooperation, trust and a culture of generosity.

We accept VISA, MasterCard, Debit, Cash, and Cheques.

*NSF Cheque Fee: \$25

Please be aware that memberships and time cards are non-refundable, and cannot be extended, time cards are valid for 2 years from date of purchase.



the home of yoga and acupuncture



**CLASS SCHEDULE
MAY/JUNE 2012**

1274 May Street

250.294.0434

www.hemma.ca
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