



JAN-APRIL 2019 WEEKLY CLASS SCHEDULE

ALL WEEKLY CLASSES OFFERED ARE ON A DROP-IN BASIS

Check our website for schedule updates and holiday closures.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 - 10:15 am Yin Yoga <i>G (B)</i> Cedar	9:00 - 10:15 am Hatha Flow <i>M (B)</i> Jonni-Lyn	9:00 - 10:15 am Pilates Fusion <i>M/V</i> Rhiannon	9:00 - 10:15 am Yin Yoga <i>G (B)</i> Jenafor	9:00 - 10:15 am Hatha Flow <i>M</i> Cara	9:00 - 10:15 am Vinyasa Flow <i>M/V</i> Jonni-Lyn	9:00 - 10:15 am Vinyasa Flow <i>M/V</i> Evan
10:30 - 11:45 am Hatha <i>G/M (B)</i> Cedar	10:30 - 11:45 am Hatha <i>G/M (B)</i> Dalia	10:30 - 11:45 am Hatha & Yoga Nidra <i>G(B)</i> Cedar	10:30 - 11:45 am Hatha <i>G/M (B)</i> Jenafor	10:30 - 11:45 am Hatha <i>G (B)</i> Jonni-Lyn	10:30 - 11:45 am Hatha Flow <i>M</i> Susie	10:30 am - 12:00 pm Yin Yoga <i>G (B)</i> Nyk
12:00 - 1:00 pm Community Hatha <i>G (B)</i> Tina		12:00 - 1:00 pm Community Hatha <i>G (B)</i> Michael		12:00 - 1:30 pm Restorative & Yoga Nidra <i>G (B)</i> Nyk	See website for Weekend Workshops	12:30 - 1:30 pm Hatha Flow <i>M (B)</i> Jonathan
		3:45 - 4:45 pm Yoga for Youth *pre-registered series*				
5:00 - 6:15 pm Pilates Fusion <i>M</i> Janet	5:00 - 6:15 pm Vinyasa Flow <i>M</i> Evan	5:00 - 6:15 pm Vinyasa Flow <i>M</i> Janet	5:00 - 6:15 pm Hatha Flow <i>M</i> Evan	5:00 - 6:15 pm Vinyasa Flow <i>M</i> Susie	4:30 - 6:00 pm Restorative <i>G (B)</i> Cedar	4:30 - 5:45 pm Hatha <i>G/M (B)</i> Meagan
6:30 - 7:30 pm Hatha <i>G/M (B)</i> Susie	6:30 - 7:30 pm Hatha Flow <i>M (B)</i> Jonathan	6:30 - 7:30 pm Hatha <i>G/M (B)</i> Meagan	6:30 - 7:30 pm Hatha <i>G/M (B)</i> Christa	See website for Friday Night Kirtan!		
7:45 - 9:00 pm Yin Yoga <i>G (B)</i> Jenafor	7:45 - 9:00 pm Hatha & Yoga Nidra <i>G(B)</i> Kelly	7:45 - 9:00 pm Restorative <i>G (B)</i> Dalia	7:45 - 9:00 pm Pre-registered Series See website			

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

NEW TO HEMMA?

\$75 - Welcome Pass!
1 Month Unlimited Yoga for new members.

WORKSHOPS & EVENTS

NEW YEARS DAY PRACTICE
January 1st with Cedar Sorensen

CANDLELIT YOGA AND MEDITATION
January 11th with Kelly Yaskiw

FUNDAMENTALS OF EASE
January 12th with Martin Keogh

CALLING ON DURGA
January 19th with Cedar Sorensen

INVERSIONS FOR EVERYONE
January 26th with Jonni-Lyn Friel

CANDLELIT YOGA AND MEDITATION
February 8th with Kelly Yaskiw

RESTORATIVE YOGA & THAI MASSAGE
February 24th with Cedar Sorensen

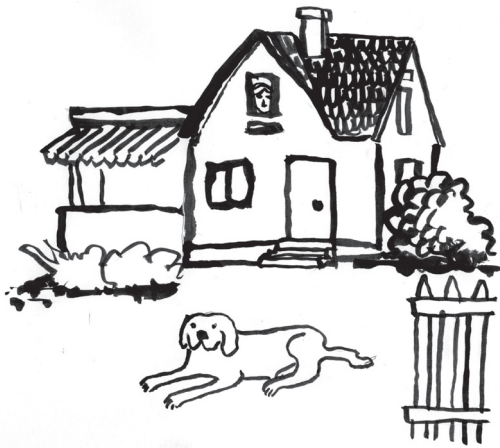
For more details & other upcoming events:
www.hemma.ca/events

PRE-REGISTERED SERIES

YOGA FOR YOUTH
January 16th - February 20th
6 week series with Jonni-Lyn Friel
Wednesday's 3:45-4:45pm

YOGA FOR ANXIETY
January 17th - February 21st
6 week series with Sarah Kinsley
Thursday's 7:45-9:00pm

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 feel like we belong.



hemma is an owner-operated business that is a community-based acupuncture clinic and yoga studio.

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

The sliding scale fee structure is our way of contributing sustainable and accessible high quality acupuncture and yoga services to all members of the community every day.

Thank you for your ongoing support!

SLIDING SCALE PRICES
ACUPUNCTURE \$20-\$40
YOGA \$12-\$20

Follow us online to receive information about upcoming free classes, workshops and events.

Facebook: hemma.thehomeofyogaandacupuncture
Instagram: @hemmayogaacupuncture

SLIDING SCALE PRICES

DROP-IN

Per Class	\$12 - \$20
Community Class	\$5 - \$20
First Class	\$5

*Prices include tax

CLASS PASS

5 Classes	\$60 - \$80
10 Classes	\$115 - \$150
20 Classes	\$220 - \$280

*Prices do not include tax

UNLIMITED MEMBERSHIPS

1 Month	\$120 - \$140
3 Months	\$335 - \$375
6 Months	\$540 - \$600
Welcome Pass (new members)	\$75/month
No Place Like Home Pass (monthly autopay - min 4 month commitment)	\$99/month

*Prices do not include tax

For more information on the sliding scale please 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 Cash, Debit, VISA, MasterCard, and Cheques.
*NSF Cheque Fee: \$25

Please be aware that memberships and class passes are non-refundable, non-transferable, and cannot be extended or shared. Class passes are valid for 2 years from the date of purchase.



the home of yoga and acupuncture



CLASS SCHEDULE
JAN-APRIL 2019

hemma.ca
1274 May Street, Victoria BC
250.294.0434