

Fall 2024 Maki House Yoga Classes

Class	Day/Time	Fall session dates	Class description	Instructor	Price
Gentle Hatha Flow with Joan Smith	Mondays 9:30am-10:30am <i>(Full)</i> & Wednesdays 11:30am-12:30pm	Sep 9 - Dec 9 (no class Oct 14) Sep 11 - Dec 11 (no class Oct 16)	A gently paced hatha flow practice that focuses on breathing, postures and movement. Students will be led through a series of standing, seated and lying down poses that are designed to promote body awareness, and build stability, flexibility and strength. All levels are welcome. Please bring your own yoga mat.	Joan Smith holds a 200-hour hatha yoga teacher training certificate and has been practicing yoga since 2007. Joan understands that her role is to create a physically, emotionally and spiritually welcoming environment, supporting and guiding each student's journey through their practice, allowing them to explore their place within each pose.	13-week session: \$130 (can be prorated if session has begun) \$15 per class as a drop-in, space permitting. For more information and to register, contact Joan Smith by email at: smithjc@sympatico.ca
Gentle Yoga and Balance	Mondays 12:00pm-1:00pm	Sep 30 - Dec 16 (no class Oct 14)	Improve your balance, strength, flexibility and mobility. This Gentle Yoga and Balance class is designed for people wanting to safely improve their balance. Postures are done both seated and lying down on the mat as well as standing using the chair as a prop. Bring a yoga mat and any props needed for your comfort such as a strap, bolster or blanket.	Julie Tierney is a Certified 200 Hour Hatha Yoga Teacher with over 20 years experience teaching movement including yoga, dance and fitness. She is also a certified Chair Yoga and Meditation teacher. In her classes she helps people to cultivate a sense of calmness and well being while helping them improve their balance, strength and mobility in an inclusive community-building environment.	11-week session: \$165 Contact: Julie Tierney julietierney8@gmail.com
Monday Night Yoga with Mike	Mondays 7:30pm-9:00pm		Join our lovely group of yogis for breathing, stretching and relaxation. We follow a traditional approach to yoga where you will exercise your whole body and also learn to calm and steady the mind. All are welcome, email Mike if you have any questions.	Mike has been teaching at Maki for almost 10 years and is comfortable adapting the class to all those who are present, beginners are welcome.	12-week session: \$203.40 \$180 (\$15 per class) + \$23.40 HST Payable by cash, cheque or e-transfer info@michaelhutkinsyoga.com Drop in is \$20 cash
Chair Yoga and Balance	Wednesdays 2:30pm-3:30pm	Oct 2 - Dec 18	Chair yoga makes the benefits of yoga accessible to those who are not comfortable getting up and down from the floor. Postures are done both seated and standing using the chair as a prop. A portion of each class will consist of exercises to help you improve your balance. Bring a yoga mat to place under your chair to hold it in place. This is an ongoing class with a new session starting May 8.	Julie Tierney is a Certified 200 Hour Hatha Yoga Teacher with over 20 years experience teaching movement including yoga, dance and fitness. She is also a certified Chair Yoga and Meditation teacher. In her classes she helps people to cultivate a sense of calmness and well being while helping them improve their balance, strength and mobility in an inclusive community-building environment.	12-week session: \$180 Contact: Julie Tierney julietierney8@gmail.com

<p>SPECIALTY CLASS:</p> <p>Hot Stone Restorative Yoga with Singing Bowls Sound Healing</p>	<p>Friday November 15 6:30 to 8:00 pm</p>	<p>One time Specialty Class</p> <p>Friday November 15</p>	<p>Treat yourself to the ultimate experience in relaxation combining 2 popular modalities. While in relaxing restorative yoga poses warm stones will be placed on various parts of the body including hands, feet, abdomen, spine and chest to further induce a sense of calmness. The relaxing effect of these postures will be further enhanced by the sound of the singing bowls creating a state of deep relaxation.</p>	<p>Christina Gubbels and Julie Tierney. Christina is a 200 Hour Trained Yoga Teacher whose Hot Stone Restorative Yoga classes regularly sell out weeks in advance. Julie is a 200 Hour Trained Yoga Teacher and sound healing practitioner with 15 years experience of creating relaxing sound journeys with a variety of instruments including Crystal Quartz Singing Bowls, Clear Harmonic Singing Bowls, Tuning Forks among other soothing instruments.</p>	<p>Contact: Julie Tierney julietierney8@gmail.com</p>
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