

## CLASSES INCLUDE

**Monday** 6:15 – 7:15 p.m. *Multi-Level Yoga*

7:30 – 8:30 p.m. *Pilates*

**Wednesday** 6:15 – 7:15p.m. *Multi-Level Yoga*

**Thursday** 10:30– 12:00 a.m. *Restorative Yoga*

1:15 – 2:15 p.m. *Pilates*

**Friday** 5:00 – 6:00 p.m. *Beginner Yoga*

**Saturday** 9:30 -11:00 a.m. *Restorative Yoga*

11:45 – 12:45 p.m. *Pilates*

**Sunday** 10:00 – 11:30 a.m. *Advanced Yoga*

*\*\*\*You can join a session up to the 4<sup>th</sup> class and price will be pro-rated.*

**Session #1:** Jan.17- Mar. 27

**Session #2:** Mar.28- June 5- no classes Apr. 4 May 24

**Session #3:** June 6 - June 30 and limited classes in July and August

Studio closed July 1- 11 and no classes Aug.1 or 2

**Session #4:** Sept. 1- Nov. 7- no classes Sept. 6 or Oct. 11

**Session #5:** Nov. 8- Jan. 22  
No classes Dec. 24- Jan. 1 (inclusive)

## INTRODUCTORY PRICES

### *1 Hour (10 classes/session)*

Mawson Member: \$65.00 + GST

Non-Member: \$80.00 + GST

### *1.5 Hour (10 classes/session)*

Mawson Member: \$97.50 + GST

Non-Member: \$120.00 + GST

### Any 2 class/session (1.5 hour)

Mawson Member: \$145.00 + GST

Non-Member: \$175.00 + GST

### Full year membership

Mawson Member: \$425.00 + GST

Non-Member: \$600.00 + GST

*For more information:*

*Phone: 306.477.4273*

[www.mawsonfitness.com](http://www.mawsonfitness.com)

Visit us at: 119-105<sup>th</sup> Street East



**MAWSON**  
HEALTH & FITNESS

**MIND  BODY**

**STUDIO**

**Yoga and Pilates Programs**

## **MAWSON'S NEWEST STUDIO**



We are very excited to have a new fully equipped 1300 sq. ft. MIND and BODY Studio with 36 feet of yoga wall along with state of the art brackets, straps, slings and bars. We have bolsters, yoga straps, blocks, blankets and chairs to offer each individual the ability to achieve their potential. Along with Iyengar Yoga, we will offer Mat Pilates to provide participants with great choices at our new studio. Enjoy what Mawson Health and Fitness to offer!

## **OUR PROGRAMS**

### **IYENGAR YOGA**

Iyengar Yoga is the most traditional and ancient form of yoga, dating back over 5000 years ago from India. B.K.S. Iyengar was the first to bring yoga, in the original form, to the west. He still lives and practices and teaches everyday at the age of 91! Strict attention is given to technique and body alignment, sequencing of the asanas (postures) to achieve maximum mobility, flexibility, strength and balance, and timing which is extended for longer period of time as the student advances. The importance of breathing (pranayama), concentration (dharama) and meditation (Dhyana) are also taught as the student progresses. We offer sessions to achieve the maximum benefit for our clients.

B.K.S. Iyengar was the first to develop the use of a yoga wall and props to bring yoga to everyone and not just the few who could perform the difficult poses. Iyengar teachers are trained to help students with ailments and injuries as well as increase the capacity of even the most capable of students.

***Our Yoga teachers are all Iyengar trained with each teacher having over 500 hours of instruction and apprenticeship. They are all members in the Iyengar Yoga Association of Canada.***

**Head Instructor: D'Arcy Blacklock**

### **MAT PILATES**

Pilates is a series of exercises that improves your mental and physical well-being, increases flexibility, and strengthens muscles. Pilate's increases



circulation and helps to sculpt the body and strengthen the body's "core".

People who do Pilates regularly feel they have better posture, are less prone to injury, and experience better overall health. Joseph H. Pilates, the founder of the Pilates exercises method, believed that our physical and mental health are intertwined. He designed his exercise program around principals that support this philosophy, including: concentration, precision, control, breathing, and flowing movements. Pilates floor mat exercises are designed so that your body uses its own weight as resistance. All you need is yourself and a mat.

**Head Instructor: Alyssa Deacon**