



NEW Spring Studio Schedule

In effect

May 4th - June 14th

**PLEASE NOTE Studio Closed
Monday May 18th*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7am	Rise 'n Shine With Mel			Rise 'n Shine With Mel		Rise 'n Shine With Kessa
9-10:15am	Essential Flow with Kessa	Advanced Dynamic Flow with Kessa	Essential Flow with Kessa	Advanced Dynamic Flow with Kessa	Essential Flow with Kessa	
12:05-12:55	Noon with Mel		Noon with Mel		Noon with Kessa	
2-3pm		Caring for Me with Rhonda				
4-5:15pm	Therapeutic Yoga with Deb					
5:30-6:30pm		Dynamic Power with Kessa		Dynamic Power with Kessa		
5:30-6:45pm	Restore, Recover and Renew with Deb					
6-7pm					Yoga for Athletes with Mel	
7-8'ish		Yin with Kessa		Deep Stretch with Kessa		

Please check www.paradigmnaturopathic.com for the most up to date info

Paradigm Studio # 102-2802 30th Street, Vernon BC
778-475-3822



Class Descriptions

Rise n' Shine Yoga – 60mins

Start your day with a few sun salutations then work on a balanced yoga class with some balance, movement and breath – a GREAT way to start your day!

Essential Yoga – 75mins

A smooth class for all levels to enjoy! This class will take you on a catamaran ride with the wind at your face and the sun on your back. Essential flow provides a challenge to all levels with room to rest and breathe. Comfy, secure clothing is best.

Advanced Dynamic Flow – 75mins

An intermediate level class designed to challenge and explore the body and mind. Here we play with space, dynamics and progression of postures. This class is fresh and fun like jumping off the dock on a hot sunny day! A strong yoga foundation is advised. Comfy, secure clothing is best.

Caring for Me – not included in yoga pass program

Facilitated by Paradigm's Counselor Rhonda Rabuck MCT

Nurturing yourself while providing care for a chronically or terminally ill loved one. "Caring for Me" is a group in which emotional, mental, spiritual and social support is offered to the family and friends who are caring for loved ones with chronic or terminal illnesses

Noon Yoga – 50mins

A Great way to break up your day and your week! This 50mins class will be a balanced class moving through a series of postures and working on breath – allowing you to get the most out of the rest of your day! Perfect for those at work downtown!

Restore, Recover, Renew – 75mins

This class is for anyone who is looking to heal from illness, injury, stress or simply to restore energy levels. Designed to bring balance back to body, mind and spirit through poses that are fully supported and held for a length of time. Focus on breath and relaxation. All props supplied. Class size max 6

Therapeutic Yoga - 75mins

This class is for anyone who is recovering from injury, a chronic condition, illness or an individual who would like a gentle approach to yoga. This class will consist of some strengthening poses and movement balanced with some restorative poses. Individual attention to specific conditions and or injuries is provided. Class size max 6

Yin Yoga- 60mins

A still class, intended to cultivate inner awareness. Yin provides the connective tissues and fascia an opportunity to stretch. The use of blocks, bolsters and props are applied to all postures for proper support. This class will leave you feeling like you've shared great stories around a warm campfire over a cup of tea. All levels welcome... Comfy, cozy clothing is best.

Deep Stretch – 60mins

Soft, Slow and still ... What better way to close your busy day then with a long slow guided stretch! A wonderful class for those who need the time and space to stretch it out! All levels welcome. Loose comfy clothing is best.

Yoga for Athletes – 60mins

A great class for those who demand a lot from their bodies. This class focuses on balance and stretching and strengthening muscles of the legs, hips, lower back release and chest opening to bring balance to over trained muscles. All levels of yoga welcome

Yoga Rates at Paradigm Studio

50-60mins classes – Drop In \$12.00

- 5 Class Flex Pass- \$55.00
- 10 Class Flex Pass - \$100.00
- 15 Class Flex Pass - \$130.00

75mins classes – Drop In \$14.00

- 5 Class Flex Pass - \$65.00
- 10 Class Flex Pass - \$110.00
- 15 Class Flex Pass - \$150.0

Unlimited monthly passes good for any and all 50 or 60 or 75min classes- (non transferable and can not be applied to R/R/R and Therapeutic Yoga)

- 1 month - \$85.00
- 3 month – 240.00
- 6 month - \$460.00
- 12 month – \$900.00

Restore Recover and Renew & Therapeutic Yoga Classes – Drop In \$16.00

Due to the limited Class size of 6 people/class to ensure proper instruction is achieved and to accommodate space for all props

Pre-registration is encouraged.

- 10 Punch Pass = \$145.00 (12month expiry)
- 5 Punch Pass = \$75.00 (12month expiry)

All class prices are subject to current GST rates

If purchasing a 50-60min punch pass you can still use that pass for a 75min simply just purchase a single upgrade for a toonie!

We believe that lack of funds should not prevent those interested from practicing yoga. Ask us about alternate methods of payment if this is the case.

To register go online to www.paradigmnaturopathic.com and click on studio tab

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