



# Studio Schedule Aug 4<sup>th</sup> – Sept 5<sup>th</sup>

*PLEASE NOTE Studio will be closed on the following days:*

***Wednesday July 31<sup>st</sup> – Aug 3<sup>rd</sup> - BC Day Weekend  
September 4<sup>th</sup> – September 13<sup>th</sup> pre-fall holiday!***

*New Fall Schedule starts Monday September 14<sup>th</sup>*

	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	Look for something here in Fall	Essential Flow with Kessa	Look for something here in Fall	Essential Flow with Kessa	
12:05-12:55	Noon with Mel		Noon with Mel		Noon with Kessa	
4-5:15pm	Therapeutic Yoga with Deb					
5:30-6:30pm		Look for something here in Fall		Look for something here in Fall		
5:30-6:45pm	Restore, Recover and Renew with Deb					
6-7pm					Look for something here come Fall	
7-8'ish		Yin with Kessa		Yin with Kessa		

*Classes are subject to change and to teacher substitutions please visit [www.paradigmnaturopathic.com](http://www.paradigmnaturopathic.com) for the most current info and to reserve your spot in class*

Paradigm Studio # 102-2802 30<sup>th</sup> 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.

### **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.

### **Yoga for Athletes – 60mins- Will return in the fall!**

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(R/R/R) & 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](http://www.paradigmnaturopathic.com) and click on studio tab



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