



Yoga Rates at Paradigm Studio

All class prices are subject to current GST rates

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

- Drop In \$14.00
- 5 Class Flex Pass- \$65.00
- 10 Class Flex Pass - \$120.00
- 15 Class Flex Pass - \$150.00

Look for workshops and other fun happenings by checking us out online at www.paradigmnaturopathic.com - click on the studio tab and VOILA!

Unlimited monthly passes good for any and all Yoga Classes

- **1 month - \$95.00**
- **3 month – \$250.00**
- **6 month - \$480.00**
- **12 month – \$900.00**



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 Flow 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!

Simply Stretch– 60mins

In this one hour class, learn how to increase flexibility, improve athletic performance, enhance movement in everyday life, and increase your sense of well-being. There will be an emphasis on poses that stretch, open, lengthen and relax. The perfect way to simply recover after the weekend and prepare for the week ahead.

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.

Power Yoga – 60mins

Simple and Strong

Simple movements sequenced with Strong poses.

To create heat and strength in the body leaving you feeling Strong,
Aligned and Powerful

Relax and Renew- 60mins

This all levels, slower paced class is a gentle yoga practice to feel more grounded, open, relaxed and aligned. Connecting mind and body through breath, gentle movement and longer supported postures to reset, unwind, release tension and increase mobility.

Sunday Smooth Flow – 75mins

This class offers a softer, slower flow class that will focus on smooth breath in both standing and seated postures. Sunday Smooth will offer the opportunity to transition from weekend to weekday, with an extended Savasana Simply Smooth....Simply Lovely.