

# YogaMaya

SPRING  
2012

## Just Breathe...



As the trees begin to bud and tiny plants push up through the debris of last season, we too are in a time of renewal and rebirth.

Our bodies cry out to be stretched and invigorated; our minds to be cleared of winter cobwebs and our hearts to be lifted. The practice of asana (postures), pranayama (breath) and meditation is like spring cleaning for the body and soul.

"The body is your temple. Keep it pure and clean for the soul to reside in."

B.K.S. Iyengar

### Session Prices

One Session: 99.00  
Two Sessions: 175.00  
Unlimited: 250.00  
(Gst not included)

For more information  
Or to Register

Please call  
403-283-9747

[www.yogamaya.ca](http://www.yogamaya.ca)

Classes held at  
West Hillhurst Community Centre  
1940 6 Avenue NW  
Upper Studio

### Spring Sessions

Mondays 6:30 - 7:30 PM \*New Time  
All Levels  
April 23 - June 25  
(No Class May 21 Victoria Day)

Thursdays 5 - 6 PM  
Beginner/Level 1  
April 12 - June 7

Thursdays 6:15 - 7:15 PM  
Level 2  
April 12 - June 7

Saturdays 10:45 - 11:45 AM  
Yin Yoga (All levels)  
April 21 - June 16

### Bring a Friend for Free is Back!

Monday	April 16 <sup>th</sup>
Thursday	March 29 <sup>th</sup>
Saturday	April 14 <sup>th</sup>

### 3 Days Only!

If you know someone who's never tried a YogaMaya class before, bring them to any one of the four classes to enjoy a complementary class. If they register for the next session we'll give you 20% off the price of your session.

### A Gentle Reminder

There will be no classes on Thursday, April 5<sup>th</sup>, Saturday, April 7<sup>th</sup> and Monday, April 9<sup>th</sup>.