

# IHI Fall Classes

The Next Session Begins on January 16th



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>IHI's Winter Classes @ a Glance</i>					Prenatal Yoga with Charlotte 9a-10a
	Lunch Time Yoga with Simone 12:15p-1p				Restorative Yoga with Charlotte 10a-11a
	Mindfulness Meditation with Michael 3:00p-4:30p				
Private Yoga with Kaitlyn 5p-6 p	Pilates Fundamentals with Laura 5p-6p	PreNatal Yoga with Simone 5p-6p			
Vinyasa Flow with Kaitlyn 6:15p-7:15p	Pilates Advanced with Laura 6p-7p	Vinyasa Flow with Kaitlyn 6:15p-7:15p	IHI Seminar Series and Book Club	Infant CPR 5p-8p (Once every 8 weeks)	
Vinyasa Flow with Kaitlyn 7:30p-8:30p	Mindfulness Meditation with Michael 7:15p-9:30p	Vinyasa Flow with Kaitlyn 7:30p-8:30p			

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Call to Reserve a Spot in Class*



# IHI Class Overview

## **Yoga - Vinyasa Flow I Monday 6:15-7:15p & 7:30-8:30p I Wednesday 6:15-7:15p & 7:30-8:30p I \$160**

This semi-private yoga class is great for beginner to intermediate level yogis and is founded in the Hatha tradition. Join our talented instructor as she encourages you to move with your breath. Yoga mats are available if you forget your own.

## **Lunch Time Yoga I Tuesday 12:15-1:00p I \$160**

There is nothing like a little break in the middle of the day. IHI is pleased to be offering Vinyasa flow lunchtime yoga. Join us for a mindful break to a busy downtown day. Mats are available if you forget your own.

## **Prenatal Yoga I Wednesday 5:00-6:00p OR Saturday 9:00a-10:00p I \$160**

Prenatal yoga can have many physical and mental health benefits. This class is specifically designed to help you prepare your body and mind for the birth experience. To ensure your safety, all of our instructors are certified in prenatal yoga and the class never holds more than 5 participants.

## **Restorative Yoga I Saturday I 10:00 -11:00a I \$160**

Restorative yoga is used therapeutically for deep rest of the body and mind. It is a very slow and gentle form of yoga, that uses "props" (bolsters, blankets, blocks, chairs, walls, etc.) to allow participants to stay in poses longer and without strain. Restorative yoga supports a deep sense of relaxation and is ideal for yogis of all levels looking to reduce stress in a practice that gently integrates mind and body.

## **Private Yoga I Kaitlyn Baptist - Monday 5:00p**

Private yoga classes are available at the indicated times upon request.

### **Pilates**

#### **Fundamental Pilates I Tuesday 5:00-6:00p I \$160**

#### **Advanced Pilates I Tuesday 6:00-7:00p I \$160**

Pilates is a physical practice designed to strengthen your core muscles resulting in optimal posture and spinal health. Fundamental Pilates is appropriate for first time participants and those referred to Pilates by a medical professional. The "Advanced" Pilates Class is appropriate for participants who have some Pilates experience and have graduated from the fundamental course.

### **Infant CPR**

#### **Some Fridays I 5-8p I \$50/person (Call for more info & timing)**

A must class for new and experienced parents alike!! You never know when you may be faced with an emergency and knowing what to do in that situation may mean the difference between life and death. Space will be limited so please call IHI to confirm your registration. Babies are welcome, but do not need to be present at the course. The course fee includes a first-aid kit and seatbelt cutter. Call for more information or to register. Space is limited. 416-260-6038

Special Note: This is not a certification course due to the intensive focus on child and infant emergency care. We do have options for certification course.

### **Mindfulness Meditation**

#### **Tuesday I 3:00-4:30p & 7:15-9:30p I \$500**

Are you feeling stressed, experiencing a lack of focus or wanting to take your mental game to a new level? Join expert meditation facilitator Michael Apollo for this 8-week meditation and mindfulness course. The positive effects of meditation - increased calm, ease, center, poise, and balance - are now bolstered by over 4 decades of scientific research. With stress and anxiety, mindfulness is a way for you to learn to take better care of yourself by tuning into the communication between your mind and body. The course will provide you with the skills and tools to tap into this amazing tradition of mind/body connectedness. Each class is 90-minutes and will include guided audio CD's, books & program material.

The Integrative Health Institute is proud to offer a variety of health promotion programming with talented instructors, small groups and a beautiful, healing environment. All of our programs/classes run on a revolving 8-week schedule rather than on a drop-in basis.