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Group Therapeutic Yoga



YTI Therapeutic Yoga Group Classes

Relax & Energize: Sundays 4-6pm

In this class, you will experience a mix of standing, seated and supine/prone poses that focus on flexibility, strength & relaxation. Expect to have some energy to do your Sunday evening chores yet sleep deeply Sunday night!

Spring Term ? 10 Weeks: March 11 to May 31, 2018

No Classes: March 29th to April 3rd & May 17th to 22nd

Rise & Shine: Tuesdays 10am-12noon

This is our most challenging class with 1 hour of standing poses, 30 minutes of supine strengthening poses, and ending with 30 minutes restorative breathing and meditation poses. By the end of the class, you will shine like the noonday Sun! Be relaxed yet efficient for the rest of your day. Eat a light breakfast by 9am, please.

Spring Term ? 10 Weeks:

March 11 to May 31, 2018

No Classes: March 29th to April 3rd & May 17th to 22nd

Relax & Restore: Thursdays 7-9pm

This is our most relaxing class ? it's all on your back! We start with 30 minutes of warm-up poses before doing 45 minutes of deep tissue stretching. We end the class with 45 minutes of restorative breathing and meditation poses. By the end of the class, you should plan to go home and go straight to bed for a deeply restorative night of restful sleep. Eat a light dinner by 6pm, please.

Fall Term ? 10 Weeks:

March 11 to May 31, 2018

No Classes: March 29th to April 3rd & May 17th to 22nd

Overall Therapeutic Approach

For 10 weeks, we will do Therapeutic Yoga for healing the feet and legs, hips, lower back/core strength, upper back, arms, neck and shoulders, as well as the mind and emotions. Each topic will be addressed for 2 weeks at a time, with each topic building on the last for a whole person/whole body, integrated approach.

The Yoga asana-s (Yoga postures) are breath coordinated with movement and alignment-based, with breathing, chanting, visualization, and restorative practices integrated into all classes.

You will be asked to provide a self-assessment and registration form before the series begins each term to clarify individual therapeutic needs (see bottom of page). Maggie will track changes and progress throughout the term.

You are also encouraged to work with Maggie privately^[1] on Fridays and Saturdays to develop a home practice to deepen your experience.

Tuition Fees

- All 10-week series cost \$220 + 5% GST (\$11), except for the Free Summer Clinic Classes, which request only 100% attendance for the sake of the Yoga Therapist Trainees.
- Please pay by cheque or e-transfer by the first day of classes
- Bring a new student to class for a \$20 discount
- Take two classes per week for a \$20 discount

Chennai Practice: Self-Paced Class for Private Yoga Therapy

This class is called the Chennai Practice, modelled after the self-paced Mysore Practice of Astanga Vinyasa Yoga (Pattabhi Jois), but is named after the place where these teachings originate: Chennai, South India. **This class is for current private students only.**

If you're a private student, you are invited to the Inner City Ashram once a week, post-private sessions, to do your own practice along with other students, while Maggie circulates and offers feedback.

When it is time to progress to a new practice, you can book another series of private sessions with Maggie, and then start another series of the Chennai practice when it is available. This is a wonderful opportunity to deepen your home Yoga practice! Maggie looks forward to helping you in this setting.

Tuition: Free for Current Private Students

Time: Saturdays, 11am to 12noon starting March 11 to June 2, 2018

No classes on March 31st and May 19th

Please note: Other Saturdays may be cancelled when Maggie is away.

Registration: Drop In ? RSVP before coming

Free Summer Term ? Clinic Classes for Private Yoga Therapy Taught by Yoga Therapist Trainees!

Scheduling 13 Clinic Clients

Week of July 16th ? Mondays, Wednesdays, OR Fridays 9-11AM - Assessment & Beginning of Practice ? 2hrs

Week of July 23rd ? Mondays, Wednesdays, OR Fridays 9-11AM - Complete Yoga Rx for Clinic Client ? 2 hrs

Week of July 30th ? Mondays, Wednesdays, OR Fridays 9-11AM - Follow up, Fine-Tune & Review Yoga Rx with Clinic Client ? 2 hrs

Scheduling 8 Case Study Clients

June 18th - Week 1

Thursday 4-6pm

June 25th - Week 2

Tuesday OR Thursday 4-6pm

July 2nd - Week 3

Tuesday OR Thursday 4-6pm

July 9th - Week 4

Holiday

July 16th - Week 5

Tuesday OR Thursday 4-6pm

July 23rd - Week 6

Tuesday 4-6pm

Many thanks for considering this opportunity to serve and be served by my highly skilled trainees, soon completing the last term of their 1000-hour training program.

Tuition: FREE - Attendance Mandatory

[Viniyoga Vancouver - Updated Waiver 2010.pdf](#)^[2]

[Yoga Therapy Questions for Client - Self Assessment 2015.pdf](#)^[3]

[Yoga Therapy Questions for Client - Self Assessment 2015.doc](#)^[4]

 ^[5]

Contact Info

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Links:

[1] <http://yogatherapyinternational.com/private-yoga-therapy>

[2] http://yogatherapyinternational.com/sites/yogatherapyinternational.com/files/Viniyoga%20Vancouver%20-%20Updated%20Waiver%202010_0.pdf

[3] <http://yogatherapyinternational.com/sites/yogatherapyinternational.com/files/Yoga%20Therapy%20Questions%20for%20Self%20Assessment%202015.pdf>

[4] <http://yogatherapyinternational.com/sites/yogatherapyinternational.com/files/Yoga%20Therapy%20Questions%20for%20Self%20Assessment%202015.doc>

[5] <https://www.google.com/calendar/embed?src=npqetj3jp9q6l916ndb1q8c0h8@group.calendar.google.com&ctz=>

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