

Studio Events & Classes

OCTOBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT	
<p>Symbols</p> <p> A Zen Pass can be used to attend these classes.</p> <p> Refers to which week the series is in.</p>	<p>NEW OM Pass!</p> <p><i>Evening Drop-In Meditation</i></p> <p>6-Class Package = \$120 (+HST)</p> <p><i>Use an Om Pass to save money on Evening Drop-In Meditation classes with Stef Bourke.</i></p>	<p>1</p> <p>9:15am - Gentle Hatha </p> <p>10:30am - Yin Yoga </p> <p>12:15pm - Meditation </p> <p>7:30pm - Meditation & Soul Talk (Drop-In)</p>	<p>2</p> <p>10:00am - Yoga Strong </p> <p>12:15pm - Slow Flow Yoga </p> <p>4:30pm - Yin Yoga </p> <p>6:00pm - Beginner Yoga </p> <p>7:15pm - Hatha Yoga </p> <p>Basics</p>	<p>3</p> <p>12:15pm - Meditation </p> <p>7:00pm - Meditation for Stress Relief</p>	<p>4</p> <p>10:00am - Gentle Hatha & Chair Yoga </p> <p>11:30am - The Millimeter Club: Chair Yoga </p> <p>12:30pm - Yinstorative </p> <p>5:30pm - Love Flow</p>	<p>OCTOBER</p>	
<p>6</p>	<p>7</p> <p>1:15pm - Slow Flow Yoga </p> <p>4:30pm - Flow Yoga </p> <p>5:45pm - Pelvic Health Yoga </p> <p>7:30pm - FREE Guided Meditation & Soul Talk</p>	<p>8</p> <p>9:15am - Gentle Hatha </p> <p>10:30am - Yin Yoga </p> <p>12:15pm - Meditation </p>	<p>9</p> <p>10:00am - Yoga Strong </p> <p>12:15pm - Slow Flow Yoga </p> <p>4:30pm - Yin Yoga </p> <p>6:00pm - Beginner Yoga </p> <p>7:15pm - Hatha Yoga Basics </p>	<p>10</p> <p>12:15pm - Meditation </p> <p>6:00pm - Kindness Rocks Painting Party!</p>	<p>11</p> <p>10:00am - Gentle Hatha & Chair Yoga </p> <p>11:30am - The Millimeter Club: Chair Yoga </p> <p>12:30pm - Yinstorative </p>		<p>12</p>
<p>13</p>	<p>14</p> <p>CENTRE CLOSED - THANKSGIVING MONDAY</p>	<p>15</p> <p>9:15am - Gentle Hatha </p> <p>10:30am - Yin Yoga </p> <p>12:15pm - Meditation </p> <p>7:30pm - Guided Meditation & Soul Talk (Drop-In)</p>	<p>16</p> <p>10:00am - Yoga Strong </p> <p>12:15pm - Slow Flow Yoga </p> <p>4:30pm - Yin Yoga </p> <p>6:00pm - Beginner Yoga </p> <p>7:15pm - Hatha Yoga Basics </p>	<p>17</p> <p>12:15pm - Meditation </p> <p>7:00pm - Breathwork for Stress Relief</p>	<p>18</p> <p>10:00am - Gentle Hatha & Chair Yoga </p> <p>11:30am - The Millimeter Club: Chair Yoga </p> <p>12:30pm - Yinstorative </p> <p>7:00pm - Full Moon Circle</p>		<p>19</p>
<p>20</p> <p>10:00am - Yin & Meditation</p>	<p>21</p> <p>10:00am - Rise Yoga </p> <p>1:15pm - Slow Flow Yoga </p> <p>4:30pm - Flow Yoga </p> <p>5:45pm - Pelvic Health Yoga </p> <p>7:30pm - Elemental Meditation </p>	<p>22</p> <p>9:15am - Gentle Hatha </p> <p>10:30am - Yin Yoga </p> <p>12:15pm - Meditation </p>	<p>23</p> <p>10:00am - Yoga Strong </p> <p>12:15pm - Slow Flow Yoga </p> <p>4:30pm - Yin Yoga </p> <p>6:00pm - Beginner Yoga </p> <p>7:15pm - Hatha Yoga Basics </p>	<p>24</p> <p>12:15pm - Meditation </p> <p>7:00pm - Meditation for Sleep</p>	<p>25</p>		<p>26</p> <p>10:00am - Introduction to Breathwork</p>
<p>27</p> <p>10:00am - Yin & Meditation</p>	<p>28</p> <p>10:00am - Rise Yoga </p> <p>1:15pm - Slow Flow Yoga </p> <p>4:30pm - Flow Yoga </p> <p>5:45pm - Pelvic Health Yoga </p> <p>7:30pm - Elemental Meditation </p>	<p>29</p> <p>9:15am - Gentle Hatha </p> <p>10:30am - Yin Yoga </p> <p>12:15pm - Meditation </p> <p>5:15pm - Inner Om Med </p> <p>7:30pm - Guided Meditation & Soul Talk (Drop-In)</p>	<p>30</p> <p>10:00am - Yoga Strong </p> <p>12:15pm - Slow Flow Yoga </p> <p>4:30pm - Yin Yoga </p> <p>6:00pm - Beginner Yoga </p> <p>7:15pm - Hatha Yoga Basics </p>	<p>31</p> <p>12:15pm - Meditation </p> <p>7:00pm - Somatic Breathwork Experience</p>	<p>What is a Zen Pass?</p> <p> Rest in the middle of a busy workday helps reduce stress and increase enjoyment. We offer a 5-class and 10-class packages for drop-in <u>lunchtime</u> yoga and meditation classes, to help you commit to a regular practice of taking time for yourself.</p>		

Studio Events & Classes

OCTOBER 2024

Lunchtime Classes

Slow Flow Yoga (Drop-In)

Mondays | 1:15 - 1:45pm
Wednesdays | 12:15 - 12:45pm
\$15/class OR \$13/class (with Zen Pass)

Join Carrie Taylor for this slow and gentle flow yoga class, suitable for all experience levels. De-stress and recharge in the middle of your day.

Guided Meditation (Drop-In)

Tuesdays & Thursdays | 12:15 - 12:55pm
\$15/class OR \$13/class (with Zen Pass)

Join Stef Bourke for this guided meditation class, suitable for beginners through experienced meditators. Practice calming the mind and body.

Yinrestorative Yoga (Drop-In)

Fridays | 12:30 - 1:00pm
\$15/class OR \$13/class (with Zen Pass)

Slow down, feel your breath, and let go of unnecessary effort with a gentle class that blends restorative, and yin poses.

Yoga

Gentle Hatha Yoga

5-Week Series | Tuesdays | Oct 15 - Nov 12
9:15 - 10:15am | \$80 | Drop-in \$20

Start your day right with this gentle hatha class suitable for all experience levels.

Yoga

Yoga Strong

5-Week Series | Wednesdays | Oct 16 - Nov 13
10:00 - 11:00am | \$80 | Drop-in \$20

Join AnnMarie Wolf for this series of challenging, slow-moving, controlled muscle-building workouts.

Hatha Yoga Basics

5-Week Series | Wednesdays | Oct 16 - Nov 13
7:15 - 8:15pm | \$80 | Drop-in \$20

This gentle class explores basic postures and prop use, including chairs and the wall.

Yin & Meditation

7-Week Series | Sundays | Oct 20 - Dec 1 | \$244
Classes start at 10am | 60 min & 90 min classes

Join AnnMarie Wolf and Stef Bourke for this 7-week deep dive into meditation and yin yoga.

Rise & Shine Yoga

4-Week Series | Mondays | Oct 21 - Nov 11
10:00 - 11:00am | \$64 | Drop-In \$20

Join Carrie Taylor for this Monday morning simple flow to stretch and wake up your whole body.

Flow Into Your Week Yoga

5-Week Series | Mondays | Oct 21 - Nov 18
4:30 - 5:30pm | \$80 | Drop-in \$20

This gentle flow yoga series is suitable for all experience levels, beginners through yogis.

Yoga

Back to Balance Yin Yoga

5-Week Series | Wednesdays | Oct 23 - Nov 20
4:30 - 5:30pm | \$80 | Drop-in \$20

This yin yoga practice will help to balance body, mind and spirit.

Yin Exploration of the Yamas

5-Week Series | Tuesdays | Oct 29 - Nov 26
10:30 - 11:30am | \$80 | Drop-in \$20

Join AnnMarie Wolf for this morning Yin yoga sequence to awaken the body, breath and mind.

Full Moon Restorative Circle

Friday | Oct 18 | 7:00 - 8:30pm | \$65

Join us for this full moon restorative yoga class, moon circle and sound bath.

Meditation & Events

Guided Meditation & Soul Talk

Tuesdays | 7:30 - 8:30pm | Oct 1, 15, 29
Nov 5, 12, 26, Dec 3, 10 | \$22 Drop-In Rate
► OR \$20/class with OM Pass

Enjoy these guided meditation and soul talk drop-in classes. Buy a NEW OM Pass to save money!

Managing Stress: With Meditation & Mindfulness

Thursday | Oct 3 | 7:00 - 8:30pm | \$40

Learn tools and information to help you manage the stress in your life.

Meditation & Events

Breathwork for Stress Relief

Thursday | Oct 17 | 7:00 - 8:30pm | \$35

Discover the power of your breath. This class provides tools to reduce stress in your life.

Kindness Rocks Painting Party!

Thursday | Oct 10 | 6:00 - 8:00pm | FREE EVENT

Come paint rocks with us at this all-ages event. All materials provided.

Elemental Meditation

4-Week Series | \$90 | Mondays
7:30 - 8:30pm | Oct 21 - Nov 11

Join Stef Bourke for this 4-week meditation series through the elements of earth, water, fire, air.

Introduction to Breathwork

Saturday | Oct 26 | 10:00 - 11:30am | \$35

This class is perfect for beginner breathers looking for a gentle class.

Meditation for Sleep

Thursday | Oct 24 | 7:00 - 8:30pm | \$40

Join Meditation Coach Stef Bourke for meditation tools to experience improved sleep.

Somatic Breathwork Experience

Thursday | Oct 31 | 7:00 - 8:30pm | \$35

Use somatics - breath, movement and sound - to create healing on a deeper level.



BOOK ONLINE
wethrivewellness.ca

Open the camera on your phone and hold over this QR code to register online.



CALL US
613-779-7277