

What is Creating Space Yoga?

Creating Space Yoga Studio is located in a unique pocket of South East Oakville. It is a studio dedicated to creating an environment where each student is offered the opportunity to be quiet and to move and practice with self introspection. The hatha yoga that we teach is inspired by Vanda Scaravelli; also by our individual yoga practices.



What does it mean to create space?

Through our yoga practice we learn that creating space in our body by “undoing” tension and by letting go of holding, allows us to move deeper into a particular yoga posture. Our yoga teaches us what it feels like to move with freedom. We learn to welcome our body’s openings and accept its challenges.

When we create space in our bodies, in our minds, and in our breath; we discover what it is like to live more openly. Perhaps through our yoga practice we will contemplate what it would be like to create space in our lives; more time to explore ourselves, more time to play with our children, our friends and family. More time to experience what we love. Perhaps then, we will be better able to receive our daily gifts.

Creating Space in our body and in our lives is a simple idea, but it is not always easy. That is why we practice.

Join our teachers, our students and our yoga community in opening yourself to the possibilities that are within you.

CREATING SPACE YOGA STUDIO

594 Chartwell Road
(north of Cornwall Road)

Oakville, Ontario, L6J 4A5

www.creatingspaceyoga.ca 905.337.3598

CREATING SPACE YOGA oakville

Fall 2011 Yoga Schedule

September 12, 2011 till December 22, 2011



“Only a soft earth absorbs the rain”.

~ Judith Lasater

Fall Yoga Workshops



Fall Yoga Classes



Charitable Class!

A Taste of Slow Flow Yoga with Nicole Patton

This slow flow class is about moving seamlessly from one posture to another while taking the time to experience the movement, the breath and the fluidity of each posture. This donation-based class is a chance to try the Slow Flow, which is being offered at the studio on Wednesdays at 7:45pm. An understanding of the basic yoga postures is recommended. This class would be of interest to advanced beginning and intermediate students. **All donations will be collected for Halton Habitat for Humanity.** Please register in advance.

Dates: Wednesday, September 28, 2011

Suggested Minimum Donation: \$10

Time: 7:45pm - 9:15pm

Teacher: Nicole Patton

Sunday Morning Hatha Yoga Workshop with Helen Duquette

During this three hour yoga workshop, Helen will weave a class that allows participants to know and to open themselves in ways that are at first imperceptible externally, but are quite transformative internally. Helen's work can bring a sudden release in the body followed by an appreciative sigh, and we understand that sigh to mean, "something in that moment rang true".

Date: Sunday, October 23, 2011

Fee: \$60

Time: 10:00am - 1:00pm

Teacher: Helen Duquette

Using Yoga as a Tool For Better Sleep with Robyn Bowman

Many circumstances, such as stress, hormonal changes, emotional or medical problems can cause sleep disturbances. While there is not one simple solution to this complex problem, the practice of yoga can be very helpful. Join us for this gentle yoga workshop to gain the tools you need to help you sleep better at night. You will go home from this workshop with 10-minute before-bed yoga sequences, as well as middle-of-the-night breathing techniques. Enjoy this restorative and informative yoga approach to a good night's sleep! This workshop is suitable to **all** levels of students.

Date: Sunday, November 27, 2011

Fee: \$45

Time: 3:00pm - 5pm

Teacher: Robyn Bowman

Restorative Yoga : More Resting, More Renewing

These restorative yoga classes have been transformative for many. It was obvious that in addition to our regular weekly restorative classes, there was a need to offer more restorative yoga so that more students could work these classes into their lives. We are happy to bring you these extra classes to help bring rest and renewal into your life more frequently. **Registration in advance is necessary.**

Dates: Fri. Sept. 30
Fri. Oct. 14
Fri. Nov. 4
Sun. Nov. 20
Fri. Dec. 2
Sun. Dec. 11
Fri. Dec. 16
Sun. Dec. 18

Time: 7:00pm - 8:30pm

Fees: 8 classes for \$144 or \$20 per class or drop-in cards.
(Make-up classes not accepted)

Teachers: Robyn Bowman
Nicole Patton
Natalie Suhanic

Monday, September 12, 2011 -Thursday, December 22, 2011

The studio will be closed Saturday, October 8th till Tuesday, October 11, 2011 for Thanksgiving

Monday

10:00am - 11:30am	Beginning/Intermediate	Robyn Bowman	14 weeks	\$252
12:00 pm - 3:00pm	Private Classes	Robyn Bowman	Book with Studio	Inquire with Studio
7:45pm - 9:15pm	Beginning	Cheryl Smith	14 weeks	\$252

Tuesday

10:00am - 11:30am	Intermediate	Robyn Bowman	15 weeks	\$270
6:00pm - 7:30pm	Beginning	Robyn Bowman	15 weeks	\$270
7:45pm - 9:15pm	Restorative	Robyn Bowman	15 weeks	\$270

Wednesday

10:00am - 11:30am	Beginning	Robyn Bowman	15 weeks	\$270
11:45am - 1:15pm	Gentle Yoga	Robyn Bowman	15 weeks	\$270
7:45pm - 9:15pm	Slow Flow	Nicole Patton	14 weeks	\$252

Thursday

10:00am - 11:30am	Experienced	Helen Duquette	15 weeks	\$270
12:30 - 2:00pm	Way To Go Deeper	Helen Duquette	4 weeks	\$130
7:45pm - 9:15pm	Yoga and Mindfulness	Robyn Bowman	15 weeks	\$270

Friday

10:00am - 11:30am	Restorative	Robyn Bowman Natalie Suhanic	14 weeks	\$252
12:00pm - 5:00pm	Private/Semi Classes	Robyn Bowman Cheryl Smith	Book with Studio	Inquire with studio

Saturday

9:00am - 10:30am	Beginning/Intermediate	Cheryl Smith	13 weeks	\$234
10:45am - 11:45am	Yoga for Better Bones	Cheryl Smith	8 weeks begins Oct. 15th	\$144

Registration remains open for all classes throughout the session.

Classes will be prorated.

We also offer "pay as you go" or "drop-in" students.

Prices include HST.

Drop in Class - \$20 10 Class Drop-in Card - \$190 3 months unlimited classes - \$410

New students to the studio will be invited to a week of unlimited classes with the \$20 drop-in fee.