

Network Spinal Analysis (NSA) with Dr. Sue Sutherland

A system of light touches along your nervous system to release years of stored up tension and stress which over time causes symptoms and disease. Overall feeling of relaxation and lightness after a de-stressing session.

**Complimentary Spinal Health Check—
Please call to make an appointment**

Flex n Flow Yoga with Catherine

Vinyasa style sequences, traditional yoga poses for all levels. Movement to wake up your joints, increase flexibility, strength, balance & core stability. 60 Min Classes
\$120/ 12 classes or \$15 drop-in \$60mth unlimited

Barre Fitness— Catherine Ever wondered how dancers stay strong, lean and looking so elegant, come try our barre class, increase your strength, create beautiful long lines, increase core stability.

\$15 drop-in 45min Class

Parent & Child Yoga with Nathalie

Have fun introducing your small child to yoga with play and poses that teach mindfulness, awareness & compassion. Learn to become calm & relieve anxiety.

\$15 drop in \$50 for 4 Classes (save \$10) to be used within 5wks

Classes / Workshops

Alive Kids Yoga with Franca

Taken children on an exciting adventure while learning balance and strength with Yoga poses, discover breath with meditation and positive affirmations through music. All you need is a smile and the eagerness to have fun in a nurturing environment.

\$15 drop in, 4wks @ \$50 or 8wks @ \$80

Restorative with Nathalie

Create a state in your body for deep healing, growth and repair. With the use of bolsters and blankets you are supported in relaxing yoga poses that reduce the effects of stress and stress related disease. Feel uplifted and whole.

\$15 drop in, \$50 for 4 classes (save \$10) to be used within 5weeks

Mom & Baby Yoga with Nathalie

Build strength in your body including core, realign your rounding forward posture and learn simple energizing poses. Relieve sore muscles in the shoulders, neck and back associated with caring for your baby. Bond with your baby and socialize with other moms

\$15 drop in, \$50 for 4 classes (save \$10) to be used within 5weeks

May 2015

**44 King St E
Stoney Creek, ON
905 923 4325**



**Yoga ~ Breathing ~ Relaxation
Gentle Spinal Care ~ Posture
Body Toning ~ Pilates ~ Nutrition
Music~Arts~Dance**

Contact Info

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Www.livewellwithnat.com

Yoga (60min Class) \$15 drop-in or \$120 for a 12 class pass, Mthly Unlimited \$60
 –Catherine
 Barre Fitness—\$15 drop in (45min Class) - Catherine
 Restorative Yoga & Mom & Baby Yoga \$15 drop in, 4 Classes \$50 or 8 Classes \$80—use within 5wks—Nathalie
 Alive Kids Yoga— \$15 drop in, 4wks \$50 or 8wks \$80

May 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 12.30pm Yoga (45mins) 6pm Yoga	2 10am Parent & Child Yoga
3 9.30am Flow Yoga	4 9:30am Yoga 6.30pm Yoga	5 10am Mom & Baby Yoga	6 9:30am Yoga 6pm Yoga	7 7.30pm Restorative Yoga	8 12.30pm Yoga (45min) 6pm Yoga	9 10am Parent & Child Yoga
10 9.30am Flow Yoga	11 9:30am Yoga 6.30pm Yoga	12 10am Mom & Baby Yoga	13 9:30am Yoga 6pm Yoga 7.15pm Barre Fitness \$15 (45mins)	14 7.30pm Restorative Yoga	15 12.30pm Yoga (45min) 6pm Yoga	16 10am Parent & Child Yoga
17 9.30am Flow Yoga 10.40am PreNatal	18 9:30am Yoga 6.30pm Yoga	19 10am Mom & Baby Yoga	20 9:30am Yoga 6pm Yoga	21 7.30pm Restorative Yoga	22 12.30pm Yoga (45min) 6pm Yoga	23 10am Parent & Child Yoga
24 9.30am Flow Yoga 10.40am PreNatal	25 9:30am Yoga 6.30pm Yoga	26 10am Mom & Baby Yoga	27 9:30am Yoga 6pm Yoga 7.15pm Barre Fitness \$15 (45mins)	28 7.30pm Restorative Yoga	29 12.30pm Yoga (45min) 6pm Yoga	