

kristin honey
Yoga
& thai
massage

certified yoga instructor
& thai massage practitioner

519.826.0620

info@kristinhoneyyoga.com

www.kristinhoneyyoga.com

temple studios

42 quebec street

downtown guelph

winter/spring schedule 2010

Thai Massage by appointment 519.826.0620

winter/spring schedule 2010 January 4 – June 30 No classes March 15–19, April 5, May 24

monday

Level 1 – 2
8:00 – 9:30 pm

Low in funds? No problem!
For financial consideration
contact Kristin in advance.

10-class pass: \$105 (use within 6 months)

Drop-in: \$15 · Mat Rentals: \$1

*Registration required. Drop-ins welcome pending sufficient registration. Passes and registration non-extendable, non-transferable and non-refundable. All prices include GST.

tuesday

Introduction*
5:30 – 7:00 pm

Level 1
7:30 – 9:00 pm

thursday

Deepening Practice
Level 2
7:30 – 9:00 pm

saturday

Restorative Yoga*
1:00 – 4:00 pm
February 6, April 3, June 12
\$40 each / \$108 all

Check kristinhoneyyoga.com for schedule updates, retreats and programs with Kristin and visiting teachers.

thai massage

A synthesis of assisted yoga, acupressure, meditation and ayurveda, this is a unique system of healing developed in Thai temples thousands of years ago. Thai massage uses little or no oils and a padded mat on the floor as it's base.

You are fully, comfortably clothed and remain passive as Kristin guides you through stretching and yoga-like movements, applying pressure using feet, hands, forearms and thumbs. Contact Kristin to book your massage.

pre-registered workshops

Yoga in the Ropes

Soul Garden Retreat, Fergus
Saturday, February 13, 1–4 pm
Saturday, April 24, 1–4 pm
Wednesday, June 16, 6–9 pm
\$50 each / \$135 all

Meditation and Yoga with Ken McLeod & Hart Lazer coming soon!

Check kristinhoneyyoga.com for details.