



### **Bikrim & Moksha Inspired HOT YOGA**

Bikrim & Moksha inspired yoga class is done in a heated room (95-110degrees celcius) to help in weight loss by speeding the metabolism, detoxify the body, build strength, increase flexibility, repair injured muscles and help connect the mind, body and soul.

**Ashtanga Yoga**- a practice for all levels promoting postures that focuses on physical strength, balance and flexibility; as well as purification procedures, yogic breathing exercises and meditation.

**Nidra Yoga**- Yoga Nidra is an ancient systematic meditative method of inducing complete physical, mental and emotional relaxation. Yoga Nidra brings an incredible calmness, quietness and clarity. It is one of the deepest of all meditations, leading awareness through many levels of mental process to a state of supreme stillness and insight. To be in a dream state but still be awake.

**Restorative Hatha Yoga**- Will incorporate the use of supportive tools: belts, blocks and bolsters; and Ester Myer's gentle paced exploratory method that incorporates deep stretching while focusing on breath and body attentiveness. Incorporating "You are where you need to be" there is "no keeping up" in this method. Honouring where you are is the key to success, not obtaining the pose. You will be guided in-and-out of poses to develop awareness of personal edge. All levels of fitness will find benefit by toning, strengthening, increased clarity, improved balance, internal cleansing with the experience of this practice.

**Prenatal Yoga** Enjoy gentle, safe movements and stretches designed to strengthen and open the body, allowing you to meet the challenges and transformations of pregnancy with confidence and calm. Postures are presented with variations appropriate for all stages of pregnancy.

**Kids Yoga** -Kids 8 and up will be introduced to the basics of yoga, strength, stretch and breath increase and awareness.

### **Helpful Hints**

Please arrive 15 minutes prior to class to register. Bring a yoga mat, towel & water.

**Call Now! (705)-730-7678**

610 Huronia Rd Unit # 11 Barrie, ON

**[www.tranterinstitute.com](http://www.tranterinstitute.com)**



**We Welcome New Members!  
The first stretch is on us!**

## **Instructors**

Ginny Kontosic  
Denise  
Lara Taylor  
Donna WeiKi

## **Class Schedule**

### **Monday**

10:00-10:00am-Hot Yoga-Lara Taylor  
7:30-8:30pm-Hot Yoga-Jamie Holmes

### **Tuesday**

7:30-8:45pm-Hot Yoga-Ginny

### **Wednesday**

9:30-10:30am-Hatha-Donna  
7:00-8:00pm-Prenatal Yoga  
7:30-8:45pm-Moksha Inspired-Denise

### **Thursday**

9:30-10:45am-Hatha Yoga-Charlene  
6:00-7:15pm-Hot Yoga-Donna

### **Friday**

10:00-11:00pm-Nidra Yoga-Lara Taylor  
6:00-7:00pm-Moksha Inspired-Denise

### **Saturday**

1:00-2:00pm-Moksha Yoga-Denise

## **Fees**

**Single: \$20.00**

**Class Cards**

**4-\$80 8-\$144 12-\$180**

\*Expires 3 months from the date of purchase and are non-refundable and non-transferable.

**Day, hot yoga & pre-natal yoga must be pre-registered**

**Unlimited monthly-\$120**

**3 months unlimited-\$300**

New members only-1 week unlimited \$30

**Private Instruction Available!**

Please call to book ahead!