



Hatha Y o g a

inner happiness

www.antarsukhayoga.com
(289)237-2165

At
**Sky Dragon Community
Development Co-operative**
27 King William St., between James
and Hughson
Hamilton, ON, Canada.
www.skydragon.org
(905) 777-8102

Teacher: Javad Khansalar

Javad spent decades in India and trained for many years as a yoga teacher there. He teaches as the monks and teachers he lived with in India taught him

He welcomes all levels of fitness and gears his classes to the needs of his students. New students are integrated into the class at any time. For more information or to join the class, please call Javad at 289-237-2165

Yoga can make you feel better mentally and physically. It can bring joy to your life.

Yoga:

can improve memory power, concentration and mindfulness
can calm your mind
can improve flexibility and balance
can be done sitting on a chair if necessary

Equipment required: a towel or yoga mat and loose clothing

Monday:

9 am to 10am (Meditation,Pranayama,Yoga Nidra
Psychic sleep).

5:30pm to 6:30pm (Asana).

Tuesday:

7:15 am to 8:15am (Asana).

8:15am to 9:15am (Asana).

Wednesday:

5:30 pm to 6:30pm (Asana).

Thursday:

7:15am to 8:15am (Asana).

8:15am to 9:15am (Asana).

Friday:

7:15am to 8:15am (Asana).

5:30pm to 6:30pm (Asana).

Saturday:

10am to 11 am (Asana/Meditation/short
Yoga Nidra).

Classes Fees:

1 class per week for 1 month only paid in advance \$67.80 no free Sat.

1 month registration:8 Asana classes: \$135.60 + 1 Saturday Free.

1 month registration:10 Asana classes: \$158.20 + 2 Saturdays Free.

1 month registration:12 Asana classes: \$180.80 + 3 Saturdays Free.

1 month registration:8 Pranayama/Yoga Nidra classes: \$150.

1 month registration:4 basic Meditation classes: \$ 70.

1 month registration:4 advance Meditation classes: \$ 110.

Pregnancy classes: 8 Asana classes per month: \$135.60.
(includes HST)

**Hatha yoga sessions are held
on Monday through Friday.**

At
**Dundas Valley
Montessori School**
14 Kemp Drive,
Dundas

Tuesdays: 5:30 pm to 6:30pm
(Asana).

Classes Fees:

**1 month registration:4 Asana
classes:\$67.80 (includes HST)**

Senior Citizen Yoga & Pregnancy Yoga

**Private classes and yoga workshops
available by appointment.**

