



Karma Week (Free classes)

April 27 - May 2, 2015

Bring your friends and experience what our classes have to offer... join us for as many classes as you wish!

No pre-registration required (only for OMGYM) nor is there any obligation to register with us!

This is one of our many ways of giving back to our community and supporting those who support us.

Offering yoga, movement & wellness classes and services to our community for over 14 years!

Safe, friendly & positive environment... Where noBODY gets left behind!

Respecting and assisting you as an individual based on your needs!

Our goal is to help you and your loved ones... *enjoy each day!*

Monday

10:00 am Yoga & You - Reconnecting with Yourself (90 min) Mary
5:30 pm Yoga Ball & Roller Tune-Up "Pre-class warm-up" (25min) Nicky
6:05 pm Beginner Restorative Round Body Yoga (90min) Nicky

Tuesday

10:00 am Beginner Restorative Round Body Yoga (90min) Nicky
1:30 pm Chair & Wall Yoga, for those who need to stay off the floor (60min) Nicky
6:00 pm Gentle Hatha Yoga Flow - brings a bit of a sweat on! (45min) Nicky
NEW 6:00 pm Transforming Pain, Stiffness and Discomfort Workshop (90min) Darren

Wednesday

10:00 am Yoga Ball Tune-up, release pain & stress - full body release (60min) Nicky
5:30 pm Yoga Ball & Roller Tune-Up "Pre-class warm-up" (25min) Nicky
6:05 pm Beginner Restorative Round Body Yoga (90min) Nicky

Thursday

10:00 am Beginner Restorative Round Body Yoga (90min) Nicky
6:00 pm Gentle Hatha Yoga Flow - brings a bit of a sweat on! (45min) Nicky
6:00 pm Omgym - Suspended yoga (70 min) Darren **book your spot only 7 spaces**
NEW 7:00 pm Yoga 4 Kids 8-12yrs (45 min) Nicky
7:15 pm Grove & Move for everyBODY all ages (60min) Shannon

Friday

10:00 am Yoga & You - Reconnecting with Yourself (90 min) Mary

Saturday

9:30 am Yoga Ball & Roller Tune-Up "pain & stress release technique" (25min) Nicky
10:00 am Beginner Restorative Round Body Yoga (90min) Nicky
11:50 am Yoga 4 Teens (ages 12 to 19) - Breath, Strengthen & unwind (45min) Nicky

***New Session Starts April 4th!
Same schedule as above!***

ALSO UNDER OUR ROOF

Individual, Small or Large Group
Private Sessions
& Home Practice Planning
Corporate Packages & Retreats
Yoga Therapy, Melt Method
Yoga Nidra (Guided Meditation)

Registered Massage Therapy
Athletic Therapy,
Acupressure, Cupping & Tui Na
Myofascial Release
Shiatsu & Reiki
Specialized Kinesiology
Reflexology

Personal Wellness Planning
Counseling & Consultation
Mindfulness Classes, Meditation,
Visualization & Mindful Breathing
Chek Holistic Lifestyle Coaching

* See Website* For Workshops,
Wellness Classes, Concerts
& Event Listings.

Wanting to hold an event?
We have space you can rent!

YOGA

THERAPIES

COUNSELING
& WELLNESS
WORKSHOPS,
SPECIAL EVENTS

Only 8 minutes from North Bay!

Yoga for everyBODY! Because... **Movement is Medicine!**

Box 11, 1436 Main St. N.
Callander ON., POH 1H0

(705) 752-0294
ohanawellness.ca



*Bringing yoga and wellness classes
to our community for over 13 years!*

services Book your
UNDER appointment
our roof with us

Therapy for Motion

James Cartwright

Certified Athletic Therapist

Registered Massage Therapy (R.M.T.)

Dr. Antonietta Francini

Wellness Counselling

Other Services:

Acupressure, Kinesiology

(Specialized), Athletic Therapy,

Traditional Chinese Therapy, Shiatsu

Therapy, RMT Massage Therapy, Reiki,

Wellness Plans, Stress Management,

Wellness Classes, Seminars and more!

**Private or group yoga, wellness talks,
or seminars available.**

CHECK OUR WEBSITE

ohanawellness.ca
FOR EVENTS & WORKSHOPS

Box 11, 1436 Main St. N.

Callander ON., P0H 1H0

(705) 752-0294

Class Descriptions

Beginner Restorative Round-body Yoga (90 min Mon, Wed 6:05 pm

- Tues Thurs & Sat 10:00 am) Dealing with stress, anxiety, chronic pain
or just want to strengthen and stretch out tight muscles and fascia...

This Hatha based class uses props, and modifications customized to
your specific needs. Combining traditional elements of yoga; breathe
(prana), asana (poses), meditation, and sound, so that you can find
your life's balance and begin to experience life to its fullest again.

Deepen your body awareness, release chronic pain & fatigue, back &
shoulder aches, arthritis, Fibromyalgia as well as other ailments

including the ones that come along with day to day life and overused
muscles. With Nicky

NEW TIME **Yoga Ball Tune-Up** - stop the pain (25 min - Mon & Wed
5:30 pm - Sat at 9:30 am -- Wed 10:00 am (60min)

Combine self-massage and yoga to eradicate pain, improve posture
and gain mobility, this class focusses on those who are dealing with
chronic pain and over stressed bodies that have been overused,
under-used or misused. This class is designed to help you heal
damaged muscles, increase strength and establish healthy movement
and elasticity, assisting you with living better in your body. With Nicky

Chair & Wall Yoga - Staying and becoming more mobile

(60 min - Tuesday 1:30 pm)

This class offers an adapted and modified approach to yoga and
movement that makes it accessible to all individuals in every age
group. It is a safe, gentle and non-competitive and will help you
regain your vitality and feel better! Classes include: breathing
exercises, physical exercises, yoga, and meditation. There is no getting
up and down off the floor. With Nicky

NEW TIME **Gentle Yoga Flow** (45 min - Tues & Thursday 6:00 pm)
Open to all levels of practice, this class focuses on an exploration of
basic yoga poses and how to connect them to a sequence, while
attention to breathing, alignment and mindfulness. Expect lots of
stretching and simple sun salutations. Meditation and relaxation
techniques will also be introduced, perfect for stress relief and overall
well-being. (All levels welcome, however it may bring on a bit of a
sweat) With Nicky

NEW **Transforming Pain, Stiffness and Discomfort:**
WORKSHOP! (90 minutes - Tuesday 6:00 pm)

We will cover topics such as:

Understanding pain, its forms, mechanisms, theories, and purposes

Balance - how the body continually is working to find it

Balance - what happens when the body can no longer adjust and

find balance

Balance - the impact of body, mind, and spirit connection

Life - how our lifestyle, environment, and diet have an effect

Therapy - What therapies help, where, when, and how
Therapy - Temporary relief methods, what, where & when.

Therapy - Movement "movement is medicine"

Therapy - the mind, and "calming the tempest in a tea cup" With Darren

NEW **Om-gym Suspended Yoga** (70 min - Thursday 6:00 pm) Come and
hang, with us! If you're looking for a bit of a challenge and wanting to build
strength this will do it. No prior experience required.
With Darren

Yoga and You (90 min - Monday & Friday 10:00 am)

Reconnect with yourself and refresh for the week ahead. Stretch, balance
and breathe your way through this 'meditation in motion' experience. Inner
focus during class builds a calm mind, relaxed body and enhanced
self-awareness. With Mary

NEW **Groove & Move** (60 min - 7:15 pm Thursday)

Groove & Move is an exhilarating, effective, and easy to follow dance party.
Groove & Move uses an eclectic mix of music to create an enjoyable cardio
experience. Ditch the workout while we Groove and Move on the dance
floor! No dance experience needed ~ EveryBODY is welcomed!
With Shannon

NEW

Yoga 4 Teens -- ages 12-19 - Saturday 11:50am (45min)

Let's face it... it's not easy being a teen, school, work, peer pressure... not to
mention the other multitude of life's stressors that young adults have to
face... this class will help to build, strength, confidence, sense of well being,
health and develop tools that they can bring with them throughout their
lives as adults. With Nicky

NEW

Yoga 4 Kids -- ages 8-12 - Thursday 7:00pm (45min)

Calming the mind, finding balance and having some fun, is what this class
is about. This class will build tools to assist your child to grow strong,
healthy and build confidence. With Nicky

Ohana has been bringing yoga, wellness classes and services
to our community and area for over 13 years.

Our beautiful studio is located in a private and safe setting
giving you a safe one of a kind yoga experience.

Our teachers our instructors are certified and hold years of
experience, with the ability to customize the classes to fit your
specific needs.

* We are fully special needs accessible. Located only 8 minutes
from North Bay at the north end of Callander near Osprey.

Extra parking available at St. Theresa's School or the
Shannondale Pet Hospital.