

Y O G A

Axel Molema is a disciple of Swami Sivananda (Founder of the Divine Life Society, Rishikesh, India). Axel has been teaching Hatha Yoga full-time for the past 50 years plus. He has instructed at the University of Toronto, York University, Seneca College, Mount Sinai Hospital and other locations throughout the GTA. Axel's classes provide an excellent workout, teaching Yoga exercises to improve strength, flexibility, co-ordination, balance and stamina.

Classes also include instruction in breathing exercises which increase energy and well-being. Mindfulness, meditation and relaxation techniques are introduced to manage stress, improve concentration and calm the mind. Axel lectures on a variety of topics including the therapeutic benefits of Yoga, optimal nutrition and character development. Hatha Yoga is an excellent form of mind-body fitness that improves health and encourages enjoyment of life.

MONDAY

AURORA

Aurora Public Library
15145 Yonge St.
Magna Room

\$240 for 14 weeks

Sept 10 - Dec 17, 2018

No class Oct 8

9:30 - 10:45 a.m.

(beginner)

NORTH YORK

Tri-Congregational Church
1080 Finch Ave. East
Room 21
(1 block east of Leslie)

\$299 for 14 weeks

Sept 10 - Dec 17, 2018

No class Oct 8

1:30 - 3:00 p.m.

(beginner-intermediate)

TORONTO

Bloor St. United Church
300 Bloor St. West
Entrance 470 Huron St.
(parking lot entrance)

\$240 for 14 weeks

Sept 10 - Dec 17, 2018

No class Oct 8

5:15 - 6:30 p.m.

(beginner-intermediate)

NORTH YORK

St. John's Anglican Church
1087 Lillian St.
(three streets east of Yonge St., south off Steeles Ave.)

\$240 for 14 weeks

Sept 10 - Dec 17, 2018

No class Oct 8

7:30 - 8:45 p.m.

(beginner)

TUESDAY

BARRIE

Grace United Church
350 Grove Street East
Barrie, Ontario

\$240 for 15 weeks

Sept 4 - Dec 11, 2018

9:30 - 10:45 a.m.

(beginner)

RICHMOND HILL

St. Mary's Anglican Church
10030 Yonge St. (Entrance off Major MacKenzie Dr., just west of Yonge St.)

\$240 for 15 weeks

Sept 4 - Dec 11, 2018

7:15 - 8:30 p.m.

(beginner)

WEDNESDAY

THORNHILL

Thornhill Presbyterian Church
271 Centre Street
(0.8 Km west of Yonge St., south side of Oakbank Pond)

\$240 for 15 weeks

Sept 5 - Dec 12, 2018

9:45 - 11:00 a.m.

(beginner)

THORNHILL

Holy Trinity Anglican Church
140 Brooke Street
(2 streets west of Yonge St., off Centre St.)

\$240 for 15 weeks

Sept 5 - Dec 12, 2018

7:15 - 8:30 p.m.

(beginner)

8:30 - 9:45 p.m.

(intermediate)

THURSDAY

RICHMOND HILL

St. Mary's Anglican Church
10030 Yonge St. (Entrance off Major MacKenzie Dr., just west of Yonge St.)

\$240 for 15 weeks

Sept 6 - Dec 13, 2018

9:15 - 10:30 a.m.

(beginner)

10:30 - 11:45 a.m.

(intermediate)

AURORA

Aurora Community Centre
Aurora Heights Dr.
Auditorium, 2nd Floor
(2 streets north of Wellington St., west off Yonge St.)

\$240 for 15 weeks

Sept 6 - Dec 13, 2018

7:15 - 8:30 p.m.

(beginner)

FRIDAY

NEWMARKET

Shenderey Gymnastics Centre
17075 Leslie St. South
Units 3, 4, 5
(behind The Car Wash Co. on the east side)

\$240 for 15 weeks

Sept 7 - Dec 14, 2018

9:30 - 10:45 a.m.

(beginner)

TORONTO

Eglington St. George's United Church
35 Lytton Blvd.
(1 block west of Yonge St. south of Lawrence Ave.) - 3rd Floor, next to Nursery

\$299 for 15 weeks

Sept 7 - Dec 14, 2018

1:30 - 3:00 p.m.

(beginner-intermediate)

YOGA RETREATS

November 3-4, 2018

The Briars

55 Hedge Rd. R.R. 1

Jacksons Point, ON L0E 1L0

www.briars.ca

Spring Retreat - April 2019

Operated by

Axel Molema Yoga Instruction Inc.

www.bodymind soul yoga.com

CALL Toll Free: 1-877-853-YOGA (9642) Local: 905-551-2900

~ Register for the session online or at your first class; arrive 20 minutes early ~

~ Missed classes can be made up at alternate locations ~

~ Wear comfortable clothing and bring a yoga mat ~

~ Three sessions: Fall, Winter & Spring/Summer ~

~ Late starters are welcome ~