

# 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 9 - Dec 16, 2019**  
**No class Oct 14**  
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 9 - Dec 16, 2019**  
**No class Oct 14**  
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 9 - Dec 16, 2019**  
**No class Oct 14**  
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 9 - Dec 16, 2019**  
**No class Oct 14**  
7:30 - 8:45 p.m.  
(beginner)

## TUESDAY

### BARRIE

**Grace United Church**  
350 Grove Street East  
Barrie, Ontario

\$240 for 15 weeks  
**Sept 3 - Dec 10, 2019**  
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 3 - Dec 10, 2019**  
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 4 - Dec 11, 2019**  
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 4 - Dec 11, 2019**  
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 5 - Dec 12, 2019**  
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 5 - Dec 12, 2019**  
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 6 - Dec 13, 2019**  
9:30 - 10:45 a.m.  
(beginner)

### TORONTO

**Eglinton 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 6 - Dec 20, 2019**  
**No class Oct 18**  
1:30 - 3:00 p.m.  
(beginner-intermediate)

## YOGA RETREATS

**November 16 & 17, 2019 - and -  
Spring (April) 2020**

**The Briars**  
**55 Hedge Rd. R.R. 1**  
**Jacksons Point, ON L0E 1L0**  
**www.briars.ca**

Operated by

**Axel Molema Yoga Instruction Inc.**

**www.bodymindsoulyoga.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 ~

