

Yoga & Qigong
Drop-in Class Prices

1 class: Seniors- \$15
1 class: Student - \$13
1 class: General - \$17

6 Classes: General - \$85
12 classes: General - \$150

30 Day: Unlimited - \$150
90 Day: Unlimited - \$360

See our website for the list of
services and pricing.

bare roots
natural health and yoga centre



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Store Hours

Monday – Friday
9:30 until 5:00

Saturday
9:30 am until 12:00 pm

Studio Hours

Monday – Saturday
8:00 am until Last Class

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**YOGA CLASSES & YOGA
ACCESSORIES**

QIGONG

**NUTRITION & FUNCTIONAL
MEDICINE HEALTH
COUNSELING**

**PROFESSIONAL LINES OF
VITAMINS & SUPPLEMENTS**

Drop-in Schedule October 2017

Monday

8:00-9:15 am Yin Yoga -Shauna-Pre-Registration
 9:30-10:45 am All Levels Flow Yoga - Shauna
 6:30 - 7:45 pm Level 1 Yoga - Crystal

Tuesday

8:00 - 9:15 Core Yoga-Teresa-Pre-Registration
 9:30 - 10:45 am Level 1 Yoga - Teresa
 11:30 - 12:45 pm Intro Yoga-Teresa Pre-Registration
 4:30-5:45 pm Level 1/2 Yoga - Crystal
 6:30-7:45 pm Intro Yoga-Crystal Pre-Registration

Wednesday

8:30-9:45 am Early Bird All Levels Yoga - Tracey
 10:00-11:00 am Chair Yoga - Tracey
 2.30 - 4:00 pm Yoga Philosophy - Crystal
 5:00 - 6:15 pm Qigong - Leanne
 6:30 - 7:45 pm Pilates - Stephanie

Thursday

9:30-10:45 am Level 1 Yoga- Crystal
 6:45 - 8:00 pm All Levels Yoga - Teresa

Friday

8:30-9:45 am All Levels Yoga - Tracey
 10:30-11:45 am 50+ All Levels Yoga- Crystal
 1:00 -2:00 pm Chair Yoga - Tracey

Saturday

10:00-11:15 am Level 1 Yoga - Crystal

Class Series & Workshops Pre-registration Required 250-954-2273

Better Balance Core Yoga Series - Teresa Stanley

Engage your abdominal & back muscles with core poses that build strength, stability and ease of movement in a safe and mindful way. Suitable for beginners as well as experienced students.

Tuesdays 8:00 am - 9:15 am Join In Anytime!

Qigong - Leanne Brown

This class will give you instruction in the ancient healing practice of Qigong. Breathing techniques and exercises can help increase your energy and prevent health issues. Movements can be performed sitting in a chair or standing for all levels of fitness.

Wednesdays 5:00 pm - 6:15 pm Join In Anytime!

Chair Yoga & Fitness Fusion - Tracey Pike

Designed for all levels and those with physical limitations wishing to improve their cardiovascular, physical & inner strength and flexibility assisted by a chair.

Wednesdays 10:00 am - 11:00 am 8 weeks \$96

Fridays 1:00 - 2:00 pm 8 weeks \$96

Wednesday & Fridays 2x Weekly 8 weeks \$172

Join In Anytime! We'll Pro-Rate the Series For You.

Introduction to Yoga - Crystal McMillan & Teresa Stanley

An introduction to the foundational postures in the Iyengar Tradition. Emphasis on proper body alignment and breathing to improve muscle tone, strength and flexibility of the spine and joints while easing tension & improving circulation. This class is for students with little or no previous yoga experience.

Tuesdays 6:30 pm Oct 24 Start 5 weeks \$80

Tuesdays 11:30 am Oct 17 Start 5 weeks \$80

Sleep Clinic. Education. Yoga & Breathing Techniques.

Nicole Schulz, YACEP, RYT500, E-RYT200, iRest® to learn the true definition of sleep, the types, conditions and causes of insomnia and sleep disorders. You will learn how yoga can be a powerful tool to improve your sleep and well-being! This workshop will focus on specific **physical postures** (asanas), relaxing **breath work** (pranayama), **mind calming practices** (iRest® Integrative Restoration Yoga Nidra) and **dietary recommendations**. Participants will be provided with their own strategy booklet, and are free to bring their eye bag and own pillow. All levels are welcome!

Saturday, Oct 14 11:30 am - 2:30 pm \$45

Fall Programs

Nutrition/Functional Medicine Consultations:

Crystal McMillan, MA, RNCP, FMP

One hour nutrition/functional medicine consultation in a private setting which includes: a thorough health assessment, guidance to help you reach the underlying cause of your dis-ease, and recommendations that include laboratory testing, dietary and lifestyle changes to suit your needs. **Initial Consult: \$130**

Aching For Change Workshop: Easing Arthritis Symptoms through Yoga, Diet and Lifestyle Interventions. Shauna Prouten, RYT, 500, RD, IFNP

This workshop will provide information on arthritis from a holistic perspective including: the types of arthritis and their causes, factors that contribute to perpetuate inflammation, current treatments and their potential side effects, how yoga and sleep are beneficial and the food and nutrients that help decrease inflammation.

Saturday, October 28 1:00 pm - 4:00 pm \$45

Integrative Strategies for Breast Cancer Prevention, Diagnosis & Survivorship. Crystal McMillan, MA, RNCP, FMP & Teresa Stanley, NNCP

This workshop on breast cancer will change your life. Is estrogen the bad and primary culprit of breast cancer? Or, is the matter of 'estrogen' more related to the body's ability to properly metabolize estrogens? You need to know. If it's not for you, then educate yourself for your loved ones. In this workshop, we will cover: (a) hormonal risk factors, (b)estrogen metabolism, (c) the stress connection, (d) prognostic markers, (e) circulating tumor cells, (d) the role of insulin and inflammation & their biomarkers, (e) thyroid connection, (treatment options), and (f) nutrition & natural therapies for prevention, during treatment and recovery. Bring your friends.

Saturday, October 21 1:00 pm - 4:00 pm \$45

Mindful Transition Workshop: Cleanse The Body. Align with the Shifting Season. Stephanie Grozell.

This workshop will help you learn how to holistically transition with the changing seasons through a supportive and progressive cleanse, guided by the principles of Traditional Chinese Medicine (TCM). As the seasons shift from crisp windy Autumn (Lung) to the cold damp of Winter (Kidney), your body has a deeply rooted inclination to harmonize with the traits of Winter and support the Kidneys. This means beginning to slow down, nourish yourself, and stay warm and rested in order to plant the seeds of renewal for Spring. Over the course of this three session workshop you will be supported through a gentle cleanse to heal the body and give it some much needed rest.

Friday October 13th 6:00-8:00 pm. Saturday October 14th 6:00-8:00 pm Sunday October 15th 9:00 to 11:00 am \$99

Providing A Natural & Scientific Approach To Health & Healing

Check us out on Face book: Bare Roots Natural Health!

This schedule is subject to change without notice.