

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



French Creek Landing
Unit #203 - 891 West Island Hwy
Parksville, British Columbia
V9P 2E9

250.954.2273(BARE)
barerootsnaturalhealth.com
bare.roots.nhc@gmail.com



Store Hours

Monday – Friday
9:00 until 4:30

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 March 2018

Monday

9:30-10:45 am Level 1 Iyengar Yoga - Teresa
 11:00-12:00 pm Chair Yoga - Tracey
 6:30 - 7:45 pm Level 1 Iyengar Yoga - Crystal

Tuesday

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

Wednesday

8:30-9:45 am Gentle Therapeutic 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

Thursday

9:30-10:45 am Level 1 Iyengar Yoga- Crystal
 6:30 - 7:45 pm Level 1 Iyengar Yoga - Teresa

Friday

8:30-9:45 am All Levels Yoga - Tracey
 10:30-11:45 am 50+ Iyengar Yoga- Crystal

Saturday

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

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

Qigong - Leanne Brown

This class will give you instruction in the ancient healing practice of Qigong. 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.

Mondays 11:00 am - 12:00 pm 8 weeks \$96
Wednesdays 10:00 am - 11:00 am 8 weeks \$96
Fridays 1:00 - 2:00 pm 8 weeks \$96
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 March 6, 2018 Start 5 weeks \$80

Iyengar Yoga: is accessible to anyone. This tradition of yoga ensures a high teaching standard of training lasting years. The Iyengar technique emphasizes precision and alignment, quality of movement over quantity. You learn to move with ease in your body while working within your limitations. This makes the yoga postures safe to perform. Yoga postures are held for longer than other methods allowing tight muscles to lengthen and relax, and helping to focus awareness. Yoga props such as blankets, bricks and belts may be used to improve your understanding of poses or to help if you have difficulties.

Services

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**

Medical Qigong Private Treatments: Leanne Brown, BA, MCT. Medical Qigong treatments correct bio-energetic imbalances and blockages believed to be the cause of illness and dis-ease. The treatments serve as a part of any preventative healthcare regime as well as an alternative, complimentary approach to regaining optimal health and wellness. **Private Treatment \$95**

Our Yoga Instructors (See Website For More Information):

Crystal McMillan, MA: is a Certified Iyengar Yoga Instructor and Registered Nutrition Consultant/Functional Medicine Practitioner. Crystal continues to study Iyengar Yoga under the tutelage of Canada's most Senior Iyengar Yoga Instructors.

Teresa Stanley, NNCP: is an Iyengar Yoga Teacher Trainee and a Registered Natural Nutrition Consultant Practitioner. Teresa continues to study Iyengar Yoga under the tutelage of Canada's most Senior Iyengar Yoga Instructors.

Tracey Pike: is a certified BC Recreation & Parks Yoga Instructor and has been teaching in the Oceanside area for 12 years. Her passion is to help others overcome pain from disease or injury, since she was a sufferer herself from chronic pain due to arthritis since she was a young adult.

Private classes are available for groups (work or social) who would prefer to schedule their own private class.

See our website for more nutrition & services:

www.barerootsnaturalhealth.com

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.