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 46 years. 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

TUESDAY

AURORA Aurora Public Library 15145 Yonge St. Magna Room

\$225 for 14 weeks Jan 5 - Apr 6 9:30 - 10:45 a.m. (beginner)

NORTH YORK

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

\$280 for 14 weeks Jan 5 - Apr 6 1:30 - 3:00 p.m. (beginner-intermediate)

TORONTO

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

\$225 for 14 weeks Jan 5 - Apr 20 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.)

\$225 for 14 weeks Jan 5 - Apr 6 7:30 - 8:45 a.m. (beginner) BARRIE Grace United Church 350 Grove Street East Barrie, Ontario

\$225 for 14 weeks Jan 6 - Apr 7 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.)

\$225 for 14 weeks Jan 6 - Apr 7 7:15 - 8:30 p.m. (beginner) 8:30 - 9:45 p.m. (intermediate) Thornhill Presbyterian Church 271 Centre Street

(0.8 Km west of Yonge St., south side of Oakbank Pond)

\$225 for 14 weeks Jan 7 - Apr 8 9:30 - 10:45 a.m. (beginner)

WEDNESDAY

THORNHILL

THORNHILL

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

\$225 for 14 weeks Jan 7 - Apr 8 7:15 - 8:30 p.m. (beginner) 8:30 - 9:45 p.m. (intermediate)

YOGA RETREATS

THURSDAY

RICHMOND HILL St. Mary's Anglican Church

10030 Yonge St. (Entrance off Major MacKenzie Dr., just west of Yonge St.)

\$225 for 14 weeks Jan 8 - Apr 9 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.)

\$225 for 14 weeks Jan 8 - Apr 9 7:15 - 8:30 a.m. (beginner) FRIDAY

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

\$225 for 14 weeks Jan 2 - Apr 3 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.) -Basement Gymnasium

\$280 for 14 weeks Jan 9 - Apr 17 1:30 - 3:00 p.m. (beginner-intermediate)

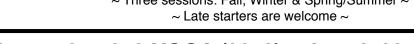
April 11 - 12, 2015 The Briars 55 Hedge Rd. R.R. 1 Jacksons Point, ON L0E 1L0 www.briars.ca

Operated by

Axel Molema Yoga Instruction Inc.

~ 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 ~

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



ww.bodvmindsoulvoga.com