



HOUNA
holistic center

April-May schedule

Hamra Cinema Montreal Bldg., 7th floor
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	Monday	Tuesday	Wednesday	Thursday	Friday
7.00 a.m.			Yoga * sun salutations		
9.30			50+ Yoga		
4.00	Teen Yoga		Teen Yoga		
5.00	Meditation for peace (30 min)		Meditation for peace (30 min)	Prenatal Yoga (60 min)	Meditation for peace (30 min)
5.30	Beginners Yoga				
6.00			Meditation & seminar (120 min)	Beginners Yoga	Beginners Qi Gong
7.00	Hip opening Yoga	Intermediate Yoga			
7.30				Intermediate Yoga	
8.00	Qi Gong		Qi Gong		
8.30		Joint free Yoga			

* sun salutations:
10,000 L.L. per class - free for those attending more than 2 classes a week

All classes are 90 min unless indicated otherwise.

Yoga is to unite with the supreme!

Class prices:

4 classes / month = 30\$ • 8 classes / month = 55\$ • 12 classes/ month = 80\$ • 16 classes/ month = 110\$ •
1 class drop in = 10\$

Please ask us about our no-time limit membership.

You can start your membership any day of the month & it is good for 1 month.

Royal pack:

Unlimited = 130\$ / month

Meditation group sessions with discussions:

Wed (5,000LL) • Meditation for peace: free

Consultations:

Homeopathy: 50\$ 1st time, 30\$ follow-ups (remedy included) • Reiki: 60 min 36\$ • Massage: 50 min. 36\$

Reflexology: 40 min. 36\$ • Angel Card Readings: 10\$

Join our Weekend Day Trips & Retreats w/ Exit to Nature

Yoga for beginners

Is a 'soft' yoga style to perfect and attune the physical body.

A challenge for beginners & all who want to relearn the basics.

Hip Opener Yoga

A class designed to correct the placement of the hips promoting flexibility and good grounding.

Intermediate Yoga

It combines co-ordination of breathing & lightness in movement. The union of three points of attention; posture, breathing & gazing point creates a deep & dynamic meditation! It is fast with little or no pausing between yoga postures.

Teen Yoga (15 years +)

Yoga postures & breathing are interlaced with talk of yoga philosophy & self-development.

Sun Salutations

Up to One hour of Sun salutations, ending the class with 15 min of sivasana & 15 min of OM to energize & calm the physical, spiritual & mental body.

50+ Yoga

This class is good for men & women over 50 years of age.

Prenatal Yoga

60 minute class for pregnant mothers to help physical alignment, strengthen the spine, open the pelvis. A preparation for delivery.

Joint Freezing Yoga

Works on the joints rather than the muscles. Postures are held 3 - 5 minutes to the sounds of poetry reading. This style is for everybody. Promotes flexibility of the spine and opens the pelvic area.

Qi Gong

Qi Gong is an ancient healing system from China. **Gong** means **skill**,

the skill to move the **Qi (energy)** throughout our body to heal it or prevent it from disease.

It consists of Soft stretching exercises to release the tension in the body, open up the skeletal structure and lubricate the joints for better mobility.