



889 Yonge

Regularly Scheduled Workshops

In an interactive, intensive format these progressive four-week, pre-registered series are designed for maximum growth & development. Class sizes are limited to 8 students to ensure one-on-one attention and customized programming. Our workshops are ideal to deepen your yoga experience, develop a home practice, and receive a focused depth of knowledge in a more specific lineage. Workshops include supplemental reading material and homework! For our 889 Members – All workshops are discounted by 50% for 889 Members (excluding Beginner Yoga).

889 Beginner Yoga

Designed with our newest yogis and yoginis in mind, this workshop will provide guidance and supportive instruction in an intimate group setting for those new to yoga. It's an amazing way to get started. Each week will build upon the last, offering a safe and comfortable space for you to build a solid foundation and starting point for your yoga practice.

Gentle Yoga for Emotional Healing and Relaxation

This gentle and supportive workshop will explore postures (asana) to ground the body, deepen the breath, and elongate the spine. Space will be provided to pause, feel, and truly inhabit your body. Personal exploration will be encouraged, and movement will be guided at a moderate pace so that students can appreciate and integrate their experience. Ideal for those who may be new to yoga and for the more experienced student seeking an invitation to pause.

Restorative Yoga

A deeply restful and powerfully therapeutic practice whereby the body is supported and nurtured by props and mild adjustments. A gentle way to release deep tension, reduce stress and heal your precious body.

Budokon

Experience the one of a kind conditioning class that draws from the dynamic modern art of Budokon. A blend of martial and yogic arts, this class is perfect for yogis, martial artists, and athletes. Students will be introduced to the fundamental techniques that comprise the Budokon system.

All workshops pre-registered for \$120 +GST and are four week series.

Please visit 889yonge.com for our upcoming Workshop start dates and the most up-to-date Workshop offerings. Contact our concierge at 416.925.7206 to reserve your place. Due to the limited nature of the classes, all 889 Workshops are pre-registered and pre-paid series and are non-refundable.