

BLUE BUTTERFLY
YOGA & PILATES
CENTRE

*"Promoting personal growth
through activity, education, &
acceptance."*

*Krista & Amy share a passion for
teaching and enthusiastically look
forward to sharing their knowledge
and expertise with current and
future Blue Butterfly students.*



Outreach Classes & BB Workshops

Outreach Classes may be taught at the outreach location or at the Blue Butterfly:
\$60/class for 1 weekly class
\$50/class for 2 or 3 weekly classes

Youth Classes

Schools, Sports Teams, Kid's Clubs, etc.
\$50/class

BB Workshops

1-2 hours
\$10 per person/hr
8 person minimum

Sample Workshop & Private Session Options:

- Introduction to Meditation
- Introduction to Yoga
- Introduction to Pranayama (breathing)
- Yoga to Increase Your Energy
- Yoga for Digestion
- Yoga for Insomnia
- Yoga for Immunity
- Yoga for PMS
- Yoga for Menopause
- Yoga at Your Desk
- Yoga for Stress Relief
- Pre and Post-natal Yoga
- Introduction to Pilates
- Pilates for Posture and Core Strength
- Pilates with Props (only at the BB)



Please view our
schedule of group
classes for even more
workshop/ private
session ideas!



OneLife Therapeutic Massage

Jolene Heinrich- Registered Massage Therapist

Jolene earned her 2 year diploma in Massage Therapy from Medicine in 2003. Upon graduation she began her career at Alberta Massage Works followed by The Ridge Spine & Sport Centre. Now known as **ONELIFE THERAPEUTIC MASSAGE**, Jolene has relocated her practice to the Blue Butterfly. She specializes in deep tissue therapeutic massage and also has training and experience in numerous other areas including pre and post-natal, migraines, acupressure, and sport massage. Since 2009, Jolene has volunteered as a member of the MHC Rattlers Women's Volleyball staff, providing therapeutic massage for the athletes.

To book an appointment please call Jolene at:
403-581-6295 or email her at onelifemassage@telus.net
Rates: 30 min-\$40 45 min-\$50 1 hour-\$65

Blue Butterfly Yoga & Pilates Centre



Personal Training
Yoga Massage
Workshops
Outreach Classes

Blue Butterfly Yoga & Pilates Centre
425A 7th St SW
Medicine Hat, AB
T1A 4K4

403-458-BLUE (2583)
Web: bluebutterflyyoga.com
Email: registration@bluebutterflyyoga.com

Professional Staff

Krista Olsson-Campbell

- B. Physical Activity Studies
- Certified Exercise Physiologist
- Medical Exercise Specialist
- AFLCA Trainer of Fitness Leaders
- Stott Pilates® Instructor
- Certified Yoga Teacher: (South Okanogan Yoga Association, Yoga Alliance Registered Yoga Teacher (RYT- 500), Yoga Fit , Yoga In Motion-Ashtanga Yoga)



Krista and Amy

Amy Risk Richardson

- Fitness Leadership Diploma
- Business Administration Certificate
- Certified Personal Trainer
- Stott Pilates® Mat Instructor
- Certified Yoga Teacher- (Yoga Association of AB, Integrative Yoga Therapy, Yoga In Motion-Ashtanga Yoga, Yoga Fit), Yoga Alliance Registered Yoga Teacher (E-RYT)
- Royal Academy of Dance Pre-Elementary Executant Certificate

We specialize in small group fitness classes and private sessions to provide safer and more personalized instruction!

Blue Butterfly: Personal Training, Yoga Massage, Workshops, & Outreach Classes



Personal Training

Number of sessions	Total Fee	Cost/person/ session
Private Sessions		
1	\$50	\$50
3	\$135	\$45
5	\$200	\$40
Semi-Private Sessions/ 2 Participants		
1	\$80	\$40
3	\$210	\$35
5	\$300	\$30
Semi-Private Sessions/ 3 Participants		
1	\$105	\$35
3	\$270	\$30
5	\$375	\$25
Small Group/ 4-7 Participants		
1	\$100+\$5/ person	\$30-\$19
3	\$225+\$10/ person	\$22-\$14
5	\$300+\$15/ person	\$18-\$11.50

Yoga Massage

Yoga Massage, a member of the oriental bodywork family, originated in Thailand. It is based on intrinsic energy flow and energy balance. Utilizing pressing techniques, gentle rocking, and various yoga-like stretches, clients are able to relieve body stiffness, gain flexibility and help improve overall balance in major muscle groups. Like yoga asana (postures) and pranayama (breathing), Yoga Massage is able to stimulate energy lines which help promote and balance energy throughout the body. Yoga massage interacts directly with the muscular, circulatory and nervous systems to enhance your body's natural healing ability.

If you would like further information regarding Yoga Massage or would like to book an appointment please contact Krista or Amy at:

458-BLUE (2583)

Length: 1hr

Fee: \$50

We can customize our classes & workshops to meet your specific needs!
See the backside of this brochure for details on Outreach classes, Youth classes, Workshops, and Private Session options!

