

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
9:15 - 10:15 am Hatha & Yin Nina ☀️ 🌙	9:15 - 10:15 am Hatha Beginner Michelle New! ☀️	9:15 - 10:15 am Kundalini Melanie New! ☀️	9:15 - 10:15 am Hatha Beginner Sylvain New! ☀️		9:00 - 9:45 am Family Yoga (ages 3 and up) Lauren	<p>Featured Workshops</p> <p>Shedding Fear, Anxiety and Insecurity With Bram Levinson Saturday, January 27th 2:00-5:00 pm \$59 + tax</p> <p>Pranayama with Lyne St Roch Thursday, March 15th 6:30-9:30 pm \$59 + tax (bilingual workshop)</p> <p>Chakra Needs A 7-week series with Christine Guenette Wednesdays from 7:30-8:30 pm February 28-April 11 \$175 + tax</p> <p>Register now!</p>	
10:30 - 11:30 am To book corporate and private classes, call 514-806-9642	10:30 - 11:30 am Hatha by Donation Student Teacher New! ☀️	10:30 - 11:30 am Mom (or Dad!) & Baby Lauren		10:00 - 11:30 am Advanced Practice Barrie ☀️☀️	10:00 - 11:30 am Yin & Tonic Jade 🌙		
12:00 - 1:00 pm Hatha Flow Christine ☀️	12:00 - 1:00 pm Hatha Flow Jade ☀️☀️	12:00 - 1:00 pm Hatha Flow Lisa ☀️	12:00 - 1:00 pm Ashtanga Brian New! ☀️☀️	12:00 - 1:00 pm Hatha Flow Melanie ☀️	12:00 - 1:00 pm Hatha Flow Jade Heated Room ☀️☀️		
2:00 - 3:00 pm Gentle Hatha Dave ☀️ 🌙		2:00 - 3:00 pm Gentle Hatha Melanie ☀️ 🌙		2:00 - 3:00 pm Yin & Restorative Kat 🌙	<p>Register online for our workshops, series and teacher trainings.</p>		
4:45 - 6:00 pm Yin Yoga Manon 🌙	5:00 - 6:00 pm Hatha Beginner Anastasia New! ☀️	4:45 - 6:00 pm Yin & Tonic Nina New! 🌙	5:00 - 6:00 pm Kundalini Melanie ☀️	4:30 - 5:45 pm Alignment-based Hatha Barrie ☀️ 🌙			4:30 - 6:00 pm Hatha Flow Christine ☀️☀️
6:15 - 7:30 pm Ashtanga Brian New! ☀️☀️	6:15 - 7:30 pm Hatha Bhaskar ☀️ 🌙	6:15 - 7:15 pm Hatha Flow Christine Heated Room ☀️☀️	6:15 - 7:30 pm Deep Stretch Yin Melanie 🌙				6:15 - 7:45 pm Restorative Manon 🌙
7:45 - 9:00 pm Yin & Tonic Dave 🌙	7:45 - 9:00 pm Yin & Restorative Kat 🌙	7:30 - 8:45 pm Prenatal Yoga Lauren	7:45 - 9:00 pm Meditate with Mel January 25 - February 15 \$90 + tx				7:45 - 9:00 pm Yin & Restorative Kat 🌙
							To book a massage or holistic service, call 514-846-9642

<p>LEVEL OF EFFORT</p> <p>🌙 Unwind</p> <p>☀️ 🌙 Moderate</p> <p>☀️ Strong</p> <p>☀️☀️ Vigorous</p>	<p>LEGEND</p> <p>■ Pre-registration required. Not included with class cards or memberships. To register, call 514-846-9642 or visit happytreeyoga.com.</p> <p>Heated room: ~ 30 degrees celsius</p>	<p>SPECIAL FOR NEW MEMBERS!</p> <p>1 month of Unlimited Yoga</p> <p>for \$40 + tx!</p>
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