

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
9:00 - 10:00 am Hatha & Yin Nina ☀️ 🌙	7:00 - 8:00 am Hatha Flow Michelle ☀️ ☀️	9:00 - 10:00 am Hatha & Yin Jenny ☀️ 🌙	7:00 - 8:00 am Hatha Flow Sylvain ☀️		9:00 - 9:45 am Family Yoga (ages 3 and up) Lauren	<p>Featured Workshops</p> <p>Les Prana Vayu with Lyne St-Roch Thursday, October 26 7:30-9:30 pm \$40 + tax</p> <p>Principles of Optimum Health A 4-week series with Bhaskar Goswami October 17 - November 14 7:45-9:00 pm \$108 + 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 Mom (or Dad!) & Baby Jenny		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 Jenny ☀️	12:00 - 1:00 pm Hatha Flow Anastasia ☀️ ☀️	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 Hatha by Donation Student Teacher	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>		
5:00 - 6:00 pm Yin Yoga Manon 🌙	5:00 - 6:00 pm Hatha Flow Brian Heated Room ☀️	5:00 - 6:00 pm Yin Yoga Melanie 🌙	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 Hatha Flow Brian Heated Room ☀️ ☀️	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 Pre-registration required				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>3 months of Unlimited Yoga</p> <p>for \$190 + tx!</p>
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