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9:00 - 10:00 am Hatha 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 - 6:15 pm Yin Yoga Manon 	5:00 - 6:00 pm Hatha Flow Brian Heated Room 	5:00 - 6:15 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 
6:30 - 7:30 pm Hatha Flow Brian Heated Room 	6:15 - 7:30 pm Hatha Bhaskar 	6:30 - 7:30 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 Anna 	7:45 - 9:00 pm Yin & Restorative Kat 	7:15 - 8:45 pm Prenatal Yoga Lauren	7:45 - 9:00 pm Meditate with Mel Pre-registration required				To book a massage or holistic service, call 514-846-9642

LEVEL OF EFFORT

-  Unwind
-  Moderate
-  Strong
-  Vigorous

LEGEND

 Pre-registration required. Not included with class cards or memberships. To register, call 514-846-9642 or visit happytreeyoga.com.

Heated room: ~ 30 degrees celsius

SPECIAL FOR NEW MEMBERS!
3 months of Unlimited Yoga
 for \$190 + tx!