

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2:00-3:00 pm Hatha Yoga (NDG) Melanie ☀️ 🌙	5:45-7:00 pm Deep Stretch Yin (NDG) Melanie 🌙	6:00-7:30 pm Hatha Yoga (NDG) Isabel ☀️ 🌙			11:45-1:15 pm Hatha Flow Ghislaine ☀️	
	6:15-7:15 pm Hatha Yoga Bhaskar ☀️ 🌙	6:15-7:15 pm Hatha Yoga Melanie ☀️ 🌙	6:15-7:15 pm Deep Stretch Yin Melanie 🌙	4:30-5:45 pm Gentle Hatha & Restorative Nancy ☀️ 🌙	Register online for our workshops, retreats and teacher trainings.	6:15-7:15 pm Community Class Huda ☀️ 🌙
7:30-8:45 pm Yin & Massage Michelle 🌙	7:30-8:30 pm Yin & Restorative Bhaskar 🌙	7:30-8:30 pm Yin & Deep Relaxation Melanie 🌙	7:30-8:30 pm Kundalini Meditation for Anxiety* 4-week series with Melanie ☀️ 🌙			6:15-7:30 pm Restorative (NDG) Manon 🌙

APRIL SERIES & EVENTS Register online at happytreeyoga.com	<u>*Kundalini Meditation for Anxiety (Mile-End)</u> Thursdays from 7:30-8:30 pm April 11, 18, 25 & May 2 Included with monthly membership \$75 + tax for non-members	<u>Yoga & Sound Healing (NDG)</u> Tuesdays from 7:30-9:00 pm April 9, 16, 23, 30 100 + tax for the series	<u>One-day Urban Relaxation Retreat (NDG)</u> April 12th 9:00-4:00 pm \$140 + tax
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LEVEL OF EFFORT	
🌙 Relax & Unwind	Release tension through long-held passive stretches, supported postures, breath work, deep relaxation and mindfulness for a profoundly calming experience.
☀️ 🌙 Balanced & Energizing	These classes offer a well-balanced mix of strength, flexibility and relaxation for a revitalized feeling of wellbeing.
☀️ Strong & Invigorating	These fun and challenging classes offer dynamic sequences of yoga postures and breath work designed to awaken your vitality.

PRICE LIST		Taxes not included. Discounts and specials cannot be combined.
Single drop-in: \$20	5-class card: \$85	Special for new members: First month unlimited for \$40
One month unlimited: \$145	10-class card: \$155	Student discount: 15%
Monthly unlimited on auto-renew: \$99 (4-month minimum commitment)	20-class card: \$265	Senior discount: 10%
Community classes: \$10		Cancer patients: 20%

To reserve corporate and private classes, call 514-806-9642