

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2:00-3:00 pm Hatha Yoga (NDG) Melanie ☀️ 🌙					11:45-1:15 pm Hatha Flow Ghislaine ☀️	
	6:15-7:15 pm Hatha Yoga Bhaskar ☀️ 🌙	6:15-7:15 pm Gentle Hatha 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 ☀️ 🌙
7:45-9:00 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 Melanie ☀️ 🌙	5:00-6:00 pm Yin Yoga (NDG) Kat 🌙		6:15-7:30 pm Restorative (NDG) Manon 🌙

**NOW OFFERING 3 CLASSES IN THE WEST  
STEPS FROM VENDOME METRO!**

2000 NORTHCLIFFE AVE, SUITE 219  
MONTREAL, QC H4A 1Z4

#### 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.  
happytreeyoga.com