

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 Yin & Massage Michelle 🌙	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 Monica ☀️ 🌙	Register online for our workshops, retreats and teacher trainings.	6:15-7:15 pm Community Class Huda ☀️ 🌙
	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%

We are closed during the holidays.  
Reopening: Saturday January 5, 2019

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