

| 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 Dr Bali Method (Bhakti - 2000 Northdiffe #217) Isabel ☀️ 🌙 | 12:00-1:00 pm Hatha Flow (NDG) Kat ☀️ | | 11:45-1:15 pm Hatha Flow Ghislaine ☀️ | |
| | 6:15-7:15 pm Hatha Yoga Bhaskar ☀️ 🌙 | 6:15-7:15 pm Hatha Flow Community Class Student Teacher ☀️ | 6:15-7:15 pm Deep Stretch Yin Melanie 🌙 | 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 Yoga Huda 🌙 | 7:30-8:30 pm Kundalini Meditation Melanie ☀️ 🌙 | | | 6:15-7:30 pm Restorative (NDG) Manon 🌙 |

ALL OF JUNE, IT'S OUR 2 FOR 1 SPECIAL!

Bring a friend new to HappyTree and you each pay only \$10!

Taxes in, valid for one class only. Offer expires June 30th, 2019 and will be honoured at both locations.
Cannot be combined it with any other discounts or specials.

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