

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 ☾	6:00-7:15 pm Hatha Yoga (NDG) Diana ☀️ ☾	12:00-1:00 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 Bill ☀️	6:15-7:15 pm Deep Stretch Yin Melanie ☾	4:45-6:00 pm Gentle Hatha & Restorative Lily ☀️ ☾	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 ☾

### NEW IMPROVED NDG LOCATION STARTING MAY 5TH!

2023 Decarie Boulevard, Montreal, QC H4A 3J2 (corner de Maisonneuve West)

- Same building as our previous NDG location • Easily accessible from Decarie Boulevard  
Newly renovated • Still steps from Vendôme metro

#### 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: <b>\$20</b>	5-class card: <b>\$85</b>	Special for new members: <b>First month unlimited for \$40</b>
One month unlimited: <b>\$145</b>	10-class card: <b>\$155</b>	Student discount: <b>15%</b>
Monthly unlimited on auto-renew: <b>\$99</b> (4-month minimum commitment)	20-class card: <b>\$265</b>	Senior discount: <b>10%</b>
Community classes: <b>\$10</b>		Cancer patients: <b>20%</b>

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