

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2:00-3:00 pm Gentle Hatha Melanie ☀️ 🌙			5:00-6:00 pm Kundalini Melanie ☀️		11:45-1:15 pm Hatha Flow Ghislaine ☀️	
4:30-5:45 pm Yin & Meditation Melanie 🌙	6:15-7:15 pm Yin & Restorative Kat 🌙	6:15-7:15 pm Hatha Flow Melanie ☀️	6:15-7:15 pm Deep Stretch Yin Melanie 🌙	4:30-5:45 pm Gentle Hatha & Restorative Kat ☀️ 🌙	Register online for our workshops, retreats and teacher trainings.	
	7:30-8:45 pm Hatha Yoga Bhaskar ☀️ 🌙	7:30-8:45 pm Yin & Massage Melanie 🌙				6:15-7:30 pm Restorative Manon 🌙

#### 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>
Donation classes: <b>\$10</b>		Cancer patients: <b>20%</b>

We are closed during the holidays.  
**Closed:** Monday December 24, 2018  
**Reopening:** Friday January 4, 2019

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

❄️ *Wishing you peace, love and happiness this holiday season!* ❄️