

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2:00-3:00 pm Hatha Yoga (NDG) Kat ☀️ 🌙	5:45-6:45 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 ☀️	6:00-7:15 pm Restorative (NDG) Manon 🌙
6:30-7:30 pm Hatha Flow (NDG) Naomi ☀️		6:30-7:30 pm Hatha Flow Community Class Student Teacher ☀️		Register online for our workshops, retreats and teacher trainings.		6:15-7:15 pm Hatha Yoga Huda ☀️ 🌙
7:30-8:45 pm Yin & Massage Michelle 🌙	7:30-8:30 pm Yin Yoga Jeremy 🌙	7:45-8:45 pm Yin Yoga Huda 🌙	7:00-8:00 pm Deep Stretch Yin Melanie 🌙			

NEW THIS FALL		
<p><b>A Yogi's Guide to a Beautiful Life</b> 8-week masterclass series with Bhaskar Goswami Tuesdays, 6:30 pm - 8:30 pm (Mile-End) October 8 - November 26, 2019 <b>\$295 + tax for the series</b></p>	<p><b>Yoga for Digestive Health</b> with Carole Baillargeon Friday, October 4th — 1:00 pm - 4:00 pm (Mile End) <b>\$75 + tax</b> <b>\$60 + tax when combined with the Gentle YTT</b></p>	<p><b>Meditate with Mel</b> 4-week series with Melanie Richards Wednesdays, 6:30 pm - 7:30 pm (NDG) October 9 - 30, 2019 <b>\$90 + tax for the series</b></p>
Register online at <a href="http://happytreeyoga.com">happytreeyoga.com</a>		

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 \$50 tax included</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>