



# YOGA HAPPYTREE



Dear HappyTree Community,

The new year is bringing big changes! Starting on January 2nd, 2020, we will no longer be offering drop-in yoga classes and instead, we are super excited to introduce a new line of specialty yoga series.

Increasingly, HappyTree has been recognized for offering some of the best and highest quality yoga training in our beautiful city and province. Encouraged by this success, we will be launching a variety of class series, 4 to 8 weeks in length, that are themed on our favourite and most popular yoga subjects.

This last year has been a time of transformation for me as I embrace the various stages of my pregnancy and prepare for the life-altering year ahead. Inspired by the changes happening on the inside and the fresh new decade ahead, the time was finally right to move forward with this new model.

Scroll through our newsletter or visit the [new series page](#) on our website to discover what we have in store for you, starting in January 2020.

**Registration is now open!**

**Here are a few reasons why class series are of greater benefit to you:**

- 1. The teachers can plan and tailor their classes for YOU!** By knowing exactly who is coming to class every week, the teacher not only prepares a lesson suited to the subject of the class, but they do so with your specific needs and questions in mind.
- 2. Series create a personalized experience** and a greater sense of community. Many of our series will be limited to 10 people in order to assure you and your practice get the individualized attention needed.
- 3. Series allow us to specialize.** We can now cater to more niche markets, bring in more master teachers for speciality subjects and create unique crowd-pleasing experiences.
- 4. Series follow a progression.** As opposed to generalized drop-in classes, each week builds on the next. Therefore, more thought and preparation goes into each class you take, leading to a better quality experience and deeper layers of learning.
- 5. Signing up for a series of classes creates a deeper commitment.** With greater commitment comes greater progress.

### Already a HappyTree member?

- It will be our pleasure to transfer the remaining value of your class card or month unlimited to the series of your choice. Call 514-806-9642 to make the switch.
- Alternately, Equilibrium Yoga will continue to host [4 drop-in classes per week](#) open to HappyTree students in our Mile End location with some of your favourite teachers. You will have from January 3rd until March 1st, 2020 to use up your remaining drop-in classes there.

Is there a series or subject you would like to see in 2020? Let us know by emailing [jeremy@happytreeyoga.com](mailto:jeremy@happytreeyoga.com).

With joy, peace and love to you and yours for the holiday season,

Melanie & Baby   