

WEEKLY YOGA SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Pilates 8 AM		Pilates 8 AM			
Vinyasa 9 AM		Vinyasa 9 AM		Vinyasa 9 AM	Vinyasa 9 AM	Slow Flow 9 AM
Candlelight Gentle Yin Yoga 5:30 PM		Candlelight Gentle Yin Yoga 5:30 PM		Candlelight Gentle Yin Yoga 5:30 PM		

GENTLE YIN YOGA

A slow-paced class with long-held, passive poses that target deep connective tissues like fascia, joints, and ligaments.

VINYASA YOGA

A dynamic flow that syncs breath and movement, creating fluidity in the mind and body.

SLOW FLOW

A slower-paced flow linking breath & movement.

DROP IN CLASS C\$919 / US\$25 EACH

PRIVATE CLASSES ARE C\$2,930 / US\$80 FOR 2 PEOPLE

C\$732 / US\$20 PER PERSON AFTER THE INITIAL C\$2,930 / US\$80 FEE

UPGRADE YOUR PRIVATE YOGA SESSION: ADD-ON TO ELEVATE YOUR EXPERIENCE

10-15 MINUTES OF PRIVATE SOUND HEALING

C\$3,662 / US\$100 FOR UP TO 5 PEOPLE C\$550 / US\$15 EACH AFTER INITIAL 5

IF YOU ARE AN OWNER ASK ABOUT OUR 10-CLASS PACKAGE

ALL CLASSES WELCOME ALL LEVELS OF YOGIS.

