

CLASSES FOR KIDS + FAMILIES

REGISTER ON WEB SITE

Pre-Natal Yoga (Thur 7-8:15pm)

Pre-register only. See web site. Email to be added to the next available session.

**Tue 7pm drop-in classes are pre-natal friendly!
**Yoga for Labour Prep workshop w/Tania – Sun, May 6th, 1-4pm. Investment: \$40/single, \$70/duo, \$90/trio

Post-Natal Yoga.

*Mom + Baby Yoga “Power Core Pelvic Floor”
Thur 10:30-11:45 am
\$40 pre-reg- sessions are one month long.

Teen Yoga (Mon, April 23-May 14, 4-5pm)

Pre-registered series \$40
Yoga has much to offer teens. The primary focus is Mindfulness. Learning physical and mental balance, and techniques to ease stress and build confidence.

Kids Classes

Each series runs for 2 months. No drop ins.

Kids Yoga with Mariko

6-11 years (11:45am -12:45pm)

5-9 years (1:15-2pm) Saturday

Kids Yoga4Life with Marcia

ages 7+ (3:15-4:45 Wednesday)

*Kids Yoga4Life is an in depth yoga study program where kids learn to teach. Requires keen interest.

Congratulations to everyone who is starting 200 Hr Teacher Training 2018 this month!



April –July 2018

Want to join the teacher training group for their 8-10am morning practice with Todd Inouye? Email Marcia for more info!

STUDIO EVENTS

Register at www.youryogaloft.com

Self Care Talks with Marcia Wilson

Simple ideas from the world of Ayurveda + natural health.

Monday 7-8pm at the Yoga Loft

Tuesday 12-1pm at the Mini Loft★

****Key Habits of Ayurveda:** Apr 16/17

True Nth Program for Men With Cancer

Wed 1:30-2:45pm Feb 7-April 25

register with Jen @ the City of Kamloops

The Healing Series with Nicole Aracki

***#1 “Restorative Bodywork + Reiki”,** Mon April 23, 7-9pm, \$25: Focus is on helping you to heal. Curious about Reiki?

***#2 “Gentle Yoga + Crystal Healing”,** Sat April 28, 3-5pm, \$25: Learn how crystals can change your mood, energize or calm you down.

***#3 “Hatha Yoga + Sound Healing”,** Mon April 30, 7-9pm, \$25: Enjoy the transformative power of sound as you practice yoga.

Restorative Yoga Training with Donna

Sat April 21 -Sun April 22, \$180 for 2 days

Sat: 10:30am-1:30pm, 3-6pm

Sun: 12:30-3:30pm

Over the 2 days of sessions you will learn:

*the importance of Restorative Yoga in our lives,

*how to use props to fully support your students into a restful state,

*the physiology of relaxation,

*poses for specific issues and conditions,

*important considerations in teaching restorative yoga to a wide range of students.

Donna Rao- Certified Relax and Renew Trainer- will introduce you to restorative yoga as taught by the grandmama of restorative yoga- Judith Hanson Laster.

PRICING- DROP IN CLASSES

NEW CLIENT INTRO SPECIAL

\$40 plus tax for 1 Month Drop-In Yoga

UNLIMITED DROP IN YOGA

Annual Pass \$849

Student Annual Pass \$600

*1 month \$85 (\$75 student)

*3 Month Commitment \$75 (\$60 student)

paid on monthly autopay

PUNCH CARD- DROP IN YOGA -1 YR EXPIRY

5 classes \$80 (\$65 student)

10 classes \$140 (\$110 student)

1 class- drop in \$18 (\$15 student)

PRICING- PRE-REG CLASSES

PRE-NATAL/POST-NATAL/MOM + BABE

\$15 per class - pre-natal

\$40 for a one month session – Mom+Baby

KIDS YOGA

45 + 60 Minutes- Saturday \$13 per class

90 Minutes Yoga4Life \$17 per class

VARIOUS SPECIALTY SERIES

Price will vary with each program.

***Passes, punch cards and series are non-transferable, non-shareable & non-refundable**

*Prices do not include GST. We accept cash, cheque, debit, Visa & M/C.

*Buy in studio, online or on our mobile app “Yoga Loft Kamloops”

*Students must buy in studio with proof of enrollment

*Complementary tea and mat use



CLASSES + EVENTS

April 2018



NEW? TRY OUR INTRO SPECIAL

*New Clients only

*\$40 for one month- drop in classes

Main Studio: #201 – 409 Seymour St

Mini Loft: #4- 375 4th Ave

www.youryogaloft.com

MAIN STUDIO OFFICE HOURS

Tue- Fri 12-1pm

250.828.6206

info@youryogaloft.com

APRIL CLASS SCHEDULE- THE YOGA LOFT

Note that classes may have guest teachers + class cancellations may take place on long weekends and holidays- some classes are on hold for summer.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|--|--|
| | | 6:30-7:30am Slow Flow 1 <i>Johnathan</i> | | 6:30-7:30am Slow Flow 1 <i>Johnathan</i> | | 8:30-9:45am Foundations <i>Tania/Tracy</i> |
| 9-10:15am \$5 Drop In Karma Flow Class <i>Community Teacher- in support of the Yoga Loft Community Fund</i> | 9-10:15am Foundations <i>Nicole/Kailyn</i> | 9-10:15am Slow Flow 1 <i>Brenna/Marcia</i> | 9-10:15am Sweet Round of Meditation <i>Wayne</i> | 9-10:15am Foundations <i>Nicole A/Marcia</i> | 9-10:15am Slow Flow 1 <i>Brenna/Marcia</i> | 10-11:15am Slow Flow 2 <i>Wayne</i> <i>no class April 21</i> |
| 10:45am-12noon Foundations <i>Paula</i> | 10:45-11:45am Gentle & Restorative <i>Yvette/Marcia(KOM)</i> <i>no class April 2</i> | Free w/ Marcia ☒ Key Habits of Ayurveda April 17, 12-1pm Mini Loft* | 10:45-11:45am Gentle & Restorative <i>Nicole/Marcia (KOM)</i> | 10:30-11:45am ☒ Mom & Babe Yoga Power Core Pelvic Floor <i>Melissa</i> | | 11:45-12:45pm ☒ Kids Yoga 5-11yrs <i>Mariko</i> <i>no class April 21</i> |
| April 22 ☒ Restorative Yoga Training 12:30-3:30pm <i>Donna</i> | 12:10 - 12:55pm Slow Flow 1 <i>Yvette/Marcia</i> <i>no class April 2</i> | 12:10 - 12:55pm Gentle <i>Kailyn/Paula</i> | 12:10 - 12:55pm Slow Flow 1 <i>Paula</i> | 12:10 - 12:55pm Gentle <i>Yvette (KOM)</i> | 12:10 - 12:55pm Yin <i>Kailyn/Nicole</i> | 1:15-2pm ☒ Kids Yoga 5-11yrs <i>Mariko</i> <i>no class April 21</i> |
| 4-5:15pm Meditation <i>Wayne</i> <i>no class April 1</i> | April 23-May 14 ☒ Teen Yoga 4-5pm <i>Cherisse</i> | 4-5pm Slow Flow 1 <i>Vivian</i> | True Nth Program for Men With Cancer 1:30-2:45pm Feb 7-April 25 <i>Wayne</i> | 4-5pm Slow Flow 1 <i>Tracy/Marcia</i> | | April 28 ☒ The Healing Series 3-5pm, <i>Nicole A</i> April 21 ☒ Restorative Yoga Training 10:30-1:30pm, 3-6pm <i>Donna</i> |
| | 5:30 - 6:30pm Flow + Restore <i>Marcia</i> | 5:30 - 6:30pm Slow Flow 2 <i>Yvette</i> | 3:15-4:45pm ☒ Kids Yoga4Life <i>Marcia</i> | 5:30 - 6:30pm Foundations <i>Nicole A/ Marcia/Cherisse</i> | 5:30 - 6:45pm Slow Flow 2 <i>Wayne</i> | <i>Classes labelled KOM are designated "Keep on Moving" classes</i>  |
| | Free w/ Marcia ☒ Key Habits of Ayurveda April 16, 7-8pm | | 5:30 - 6:30pm Slow Flow 1 <i>Marcia</i> | | | |
| | April 23, 30 ☒ The Healing Series 7-9pm <i>Nicole A</i> | 7-8:15pm Restorative <i>Tania</i> <i>Pre-Natal Friendly!</i> | 7-8:15pm Strong Flow Yoga <i>Amber/Cherisse</i> | 7-8:15pm ☒ Pre-Natal- <i>Tania</i> <i>see web site to be added to waitlist</i> | 7-8:30pm Kundalini Yoga <i>Andrea</i> | |

DROP IN CLASS LEVELS

Level 1- Restorative, Gentle, Foundations, Meditation, Sweet Round of Meditation

Level 2- Slow Flow1, Flow to Yin, Flow + Restore, Slow Flow 1-2, Yin

Level 3- Slow Flow 2, Strong Flow, Kundalini

See web site where classes are identified by level

PRE-REGISTRATION CLASSES ☒

All classes are drop-in except classes marked with ☒ and shaded. These are pre-registration classes that require separate payment and pre-registration to save your spot.

Some of these classes are “Family” classes(pre and post natal and kids classes) and some are Specialty Series.

Please see web site for dates of programs and registration information.

NEW! CLASSES AT THE MINI LOFT ★

Some of our classes are now held at the Mini Loft, our new mini studio located at #4-375 4th Avenue. These classes are shaded darkly and marked with a ★.

The Mini Loft classes are limited to 8 students- please pre-register for these classes.