

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, June 10th, 12:30-3:30pm. Investment: \$40/single, \$70/duo, \$90/trio

Post-Natal Yoga.

*Mom + Baby Yoga “Power Core Pelvic Floor”

Thur 10:30-11:45 am

Pre-register only. See web site.

Teen Yoga (Mon, 4-5pm) Pre-register only.

See website.

May 28-June 25 (5 weeks) \$50.

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.

Teacher Training Public Practices- Morning Progression Sessions

with **Todd Inouye**



June 9-12, 8-10am

Cost: \$25 per class OR \$85 for all 4 classes in each session. Free for previous teacher training attendees. See web site 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*

***Becoming an Early Bird: Why Waking up Early Helps Me:* June 18/19

Peace, Yoga and Meditation

with **Wayne Portferfield**

Sunday June 3, 1-3:30pm, cost: \$40

This is an Intermediate Level Workshop, which includes:

* A Mindfulness talk * Asana practice *Pranayama
* Meditation

Kegels & Kombucha with Mellissa at the Mini Loft*!!!

Two dates to choose from:

Sun June 10, 4-6pm OR Wed June 20, 7-9pm

Cost: \$60 – *spaces are limited*!

This workshop is ideal for any age or stage of life, but is especially recommended for pre and postnatal women. You will learn: *How to improve function of your core and pelvic floor *How to rehabilitate and strengthen

Lila Rasa is Returning!

Inspiration on the Mat:

The Art of Personal Practice

Fri July 13– Sun July 15

Cost: \$210 - only 12 public spaces available!

*Fri 7-9:30pm *Sat & Sun AM: 9:30-12:30am

*Sat & Sun PM: 2-5pm

Weekend workshops for keen students and yoga teachers.

For more info email to info@youryogaloft.com

Student Summer Special: \$99

* Unlimited Yoga for High School and University Students until August 31

* Must be purchased in studio

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 June 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

June 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

JUNE 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</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</i>	9-10:15am Slow Flow 1 <i>Marcia</i>	9-10:15am Sweet Round of Meditation <i>Wayne</i>	9-10:15am Foundations <i>Nicole A</i>	9-10:15am Slow Flow 1 <i>Marcia</i>	10-11:15am Slow Flow 2 <i>Wayne</i>
10:45am-12noon Foundations <i>Paula</i>	10:45-11:45am Gentle & Restorative <i>Yvette (KOM)</i>	Free w/ Marcia ☒ Becoming an Early Bird June 19, 12-1pm Mini Loft*	10:45-11:45am Gentle & Restorative <i>Nicole (KOM)</i>	10:30-11:45am☒ Mom & Babe Yoga Power Core Pelvic Floor <i>Mellissa</i>		11:45-12:45pm☒ Kids Yoga 5-11yrs <i>Mariko</i>
June 3☒ Peace, Yoga & Meditation 1-3:30 pm, <i>Wayne</i>	12:10 - 12:55pm Slow Flow 1 <i>Yvette</i>	12:10 - 12:55pm Gentle <i>Kailyn</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</i>	RESUMES IN FALL 1:15-2pm☒ Kids Yoga 5-11yrs <i>Mariko</i> <i>no class in June-August</i>
June 10☒ Yoga for Labour Prep 12:30-3:30 pm <i>Tania</i>						
RESUMES IN SEPTEMBER 4-5:15pm Meditation, <i>Wayne</i> <i>no class in June-August</i>	May 28-June 25☒ Teen Yoga 4-5pm <i>Cherisse</i>	4-5pm Slow Flow 1 <i>Vivian</i>		4-5pm Slow Flow 1 <i>Tracy</i>		
June 10☒ Kegels & Kombucha <i>Mellissa</i> 4-6pm, Mini Loft*						
	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</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 ☒ Becoming an Early Bird June 18, 7-8pm		5:30 - 6:30pm Slow Flow 1 <i>Marcia</i>			
		7-8:15pm Restorative <i>Tania</i> <i>Pre-Natal Friendly!</i>	7-8:15pm Strong Flow Yoga <i>Amber</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> <i>no class June 29</i>	
			June 20☒ Kegels & Kombucha <i>Mellissa</i> 7-9pm, Mini Loft*			

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.