

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, DATES TBA, 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. RESUMES IN FALL!

Pre-register only. See web site.

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

See website. RESUMES IN FALL!

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 (resumes in fall)

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

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

Kids Yoga4Life with Marcia (resumes in fall)

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

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

2018 Summer Kids/Family Yoga classes

4 Classes: July 7, 21 & August 11, 18

11:45am-1pm (75 min)

Cost: \$15+tax for per family per class

This is a special summer activity for the whole family, as well as wonderful preparation for the new school semester.

Kids and their families can enjoy yoga + practice mindfulness together!

NOTE Must register for each session separately

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*

****The Power of Daily Routine for Reaching Your Health Goals:** July 9/10

****Sleep Secrets – Unlocking Your Sleep Needs:** Aug 20/21

Lila Rasa is Returning!

Inspiration on the Mat:

The Art of Personal Practice

Fri July 13– Sun July 15

Cost: \$210 - only 6 public spaces left!

*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 see the website.

6th Anniversary Celebration

Watch for announcement of our 6th anniversary potluck at the park party!

Tentative date: Wednesday August 22

These Classes, Programs, and Workshops will Return in Fall!

*Sunday 9am Karma Flow class

*Sunday 7pm Meditation class

*Monday 4pm Teen Yoga classes

*Wednesday 10:45am Gentle&Restorative

*Thursday 10:30am Mom+Baby ‘Power Core Pelvic Floor’ program

* Saturday 11:45am & 1:15pm Kids Yoga with Mariko

* Core + Pelvic Floor Strengthening Workshop ‘Kegels & Kombucha’ with Mellissa

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

July 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

JULY 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>
RESUMES IN SEPTEMBER 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>
						July 7, 21 ☒ Summer Kids/Family Yoga 11:45-1pm <i>Mariko</i>
10:45am-12noon Foundations <i>Paula</i> <i>No class July 1</i> <i>*ON JULY 15 the class will be at 1:30-2:45pm*</i>	10:45-11:45am Gentle & Restorative <i>Yvette (KOM)</i> <i>no class July 2</i>	Free w/ Marcia ☒ The Power of Daily Routine for Reaching Your Health Goals July 10, 12-1pm Mini Loft*	RESUMES IN SEPTEMBER 10:45-11:45am Gentle & Restorative <i>Nicole (KOM)</i>	RESUMES IN FALL 10:30-11:45am ☒ Mom & Babe Yoga Power Core Pelvic Floor <i>Mellissa</i>		RESUMES IN FALL 11:45-12:45pm ☒ Kids Yoga 5-11yrs <i>Mariko</i>
July 15 ☒ Inspiration on the Mat 9:30am-12:30 pm <i>Lila Rasa</i> <i>*Main Loft*</i>	12:10 - 12:55pm Slow Flow 1 <i>Yvette</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/Marcia (KOM)</i>	12:10 - 12:55pm Yin <i>Kailyn</i>	RESUMES IN FALL 1:15-2pm ☒ Kids Yoga 5-11yrs <i>Mariko</i>
July 15 ☒ Inspiration on the Mat 2-5 pm <i>Lila Rasa</i> <i>*at St Andrew's*</i>						July 14 ☒ Inspiration on the Mat 9:30am-12:30pm & 2-5pm <i>Lila Rasa</i> <i>*at St Andrew's*</i>
RESUMES IN SEPTEMBER 4-5:15pm Meditation <i>Wayne</i>	RESUMES IN FALL ☒ Teen Yoga 4-5pm <i>Cherisse</i>	4-5pm Slow Flow 1 <i>Vivian</i>		4-5pm Slow Flow 1 <i>Tracy</i>		
	5:30 - 6:30pm Flow + Restore <i>Marcia</i> <i>no class July 2</i>	5:30 - 6:30pm Slow Flow 2 <i>Yvette</i>	RESUMES IN FALL 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 ☒ The Power of Daily Routine for Reaching Your Health Goals July 9, 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>	

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.

