

CLASSES FOR KIDS + FAMILIES

REGISTER ON WEB SITE

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

Class is pre-register only and there is often a waitlist. Each session is one month long. Full details on web site- email studio to be added to the next available session.

**Tue 7pm drop-in classes are pre-natal friendly! Use unlimited pass or punch card to attend.

**Yoga for Labour Prep workshop w/Tania – Sun, SEPT 16 & NOV 4th, 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-registered series: - SEPT 10-OCT 29 (7 weeks -*no class on Monday Oct 8th*)
Price: \$70

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. Must commit to full series. September registration now open! No drop-ins. See website for details.

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.

STUDIO EVENTS

Register at www.youryogaloft.com

Self Care Talks with Marcia Wilson

Simple ideas from the world of
Ayurveda + natural health.

****Sleep Secrets – Unlocking Your Sleep Needs**

Monday, AUG 20, 7-8pm at the Yoga Loft
Tuesday, AUG 21, 12-1pm at the Mini Loft ★
Learn why sleep matters, what you may be doing to make yours worse, and how to create routines that serve your highest need for sleep and self care.

**** Experiments in Lifestyle Re-Design**

Wednesday, SEPT 5, 12-1pm & 7-8pm
at the Mini Loft*
Learn how to actively re-design your time use to reflect the health, happiness and wholeness you want in your life.

2018 Summer Kids/Family Yoga classes

*2 classes left: 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

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

- *Sunday 9am Karma Flow class
- *Sunday 12:30pm Labour Prep Workshop with Tania
- *Sunday 7pm Meditation class
- *Monday 4pm Teen Yoga classes
- *Wednesday 3:15pm Kids Yoga4Life with Marcia
- *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

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/\$50 per 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

August 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

AUGUST 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/Paula/Tracy</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/Tracy</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> <i>no class August 6</i>	Free w/ Marcia ☒ Sleep Secrets - Unlocking Your Sleep Needs August 21, 12-1pm Mini Loft*		RESUMES IN FALL 10:30-11:45am ☒ Mom & Babe Yoga Power Core Pelvic Floor <i>Melissa</i>		RESUMES IN FALL 11:45-12:45pm ☒ Kids Yoga 5-11yrs <i>Mariko</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>Vivian</i>	RESUMES IN FALL 1:15-2pm ☒ Kids Yoga 5-11yrs <i>Mariko</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 August 6</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>no class August 3</i>	<i>Classes labelled KOM are designated "Keep on Moving" classes</i>
	Free w/ Marcia ☒ Sleep Secrets - Unlocking Your Sleep Needs August 20, 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/Cherisse/Wayne/ Tracy</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/Nicole O</i> <i>no class August 3</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.