

## CLASSES FOR KIDS + FAMILIES

### REGISTER ON WEB SITE

#### **Pre-Natal Yoga.** (!NEW DAY! MONDAYS 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. No drop-ins.

\*\*Tue 7pm Restorative drop-in class is pre-natal friendly! Use unlimited pass or punch card to attend.

\*\*Yoga for Labour Prep workshop w/Tania - Sun, NOV 4th, 12:30-3:30pm. **Investment:** \$40/single, \$70/duo, \$90/trio

#### **Post-Natal Yoga.**

\*Mom & Baby Yoga with Julie McCoppen, Wed 10:30-11:45 am:

- SEPT 12-OCT 31, **Cost:** \$120 for the 8-week session, or \$17 per 1 class.

- NOV 7 - DEC 19, **Cost:** \$105 for the 7-week session, or \$17 per 1 class.

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\*), **cost:** \$70;

- NOV 19- DEC 17 (5 weeks), **cost:** \$50.

No drop-ins.

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. Sept-Oct sessions are on! 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](http://www.youryogaloft.com)

### **Self Care Talks with Marcia Wilson**

Simple ideas from the world of Ayurveda + natural health.

*Cost: \*Free for Thriving As You course members and Yoga Loft clients with unlimited passes.*

*\*\$15 including tax for all other attendees.*

**\*\* Reset - Ayurvedic Habits for Fall**

Wednesday, OCT 10, 12-1pm & 7-8pm at the Mini Loft\*

### **Beginners Yoga Series with Nicole Aracki**

Thursdays Oct 18 - Nov 29 (\*no class Nov 8\*), 10:30-11:45am, *cost: \$84 for the series*

During this 6-week series, learn the fundamentals of yoga, breathing, and alignment in elemental versions of all poses

### **Movement Medicine with Tania McCartney**

\*The Ground\* - Sun Oct 21, 1-3pm,

\*The Breath\* - Sun Nov 18, 1-3pm

\*The Spine\* - Sun Dec 9, 1-3pm

*Investment:*

*for 1 workshop: \$30/\$25 for members; for all 3 workshops: \$75/\$60 for members.*

*Sliding scale and trade options available*

*\*This program is TRAUMA SENSITIVE\**

3 workshops to explore empowering the individual to find, and believe, in their inner guide.

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

*Dates to choose from:*

*Sun Nov 4, Sun Nov 18, Sun Dec 9, Sun Jan 20,*

*Sun Feb 24,*

*4-6pm, cost: \$60 - \*spaces are limited\*!*

*\*How to improve function of your core and pelvic floor \*How to rehabilitate and strengthen*

### **NEW DROP-IN CLASS!**

**YIN with YVETTE**

*Every Thursday 7-8:15pm*

## 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

\$120 for an 8-week session - Mom&Baby

\$105 for a 7-week session - Mom&Baby

\$17 per 1 drop-in - 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

October 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](http://www.youryogaloft.com)

### **MAIN STUDIO OFFICE HOURS**

Tue- Fri 12-1pm

250.828.6206

[info@youryogaloft.com](mailto:info@youryogaloft.com)

## OCTOBER 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 Foundations <i>Nicole A</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>Brenna</i>	10-11:15am Slow Flow 2 <i>Wayne</i>
			Sept 12-Oct 31 ☒ 10:30-11:45am <b>Mom&amp;Baby Yoga</b> <i>Julie</i>			
10:45am-12noon Foundations <i>Tracy/Wayne</i>	10:45-11:45am Gentle & Restorative <i>Yvette (KOM)</i> <i>no class Oct 8</i>		Talk w/Marcia ☒ <i>Reset - Ayurvedic Habits for Fall</i> Oct 10, 12-1pm Mini Loft*	Oct 18-Nov 29 ☒ 10:30-11:45am <b>Beginner Yoga Series</b> <i>Nicole A</i>		11:45-12:45pm ☒ Sept 15-Oct 27 <b>Kids Yoga 6-12yrs</b> <i>Mariko</i> <i>no class Oct 6</i>
Oct 21 ☒ <b>Movement Medicine</b> <b>*The Ground*</b> 1-3pm <i>Tania</i>	12:10 - 12:55pm Slow Flow 1 <i>Yvette</i>	12:10 - 12:55pm Gentle <i>Vivian</i>	12:10 - 12:55pm Slow Flow 1	12:10 - 12:55pm Gentle <i>Yvette (KOM)</i>	12:10 - 12:55pm Yin <i>Vivian/Tracy</i>	1:15-2pm ☒ Sept 15-Oct 27 <b>Kids Yoga 5-9yrs</b> <i>Mariko</i> <i>no class Oct 6</i>
	Sept 10-Oct 29 ☒ <b>Teen Yoga</b> 4-5pm <i>Cherisse</i> <i>no class Oct 8</i>	4-5pm Slow Flow 1 <i>Tracy</i>	Sept 12-Oct 24 ☒ 3:15-4:45pm <b>Kids Yoga4Life</b> <i>Marcia</i>	4-5pm Slow Flow 1 <i>Tracy</i>		
	5:30 - 6:30pm Flow + Restore <i>Marcia</i> <i>no class Oct 8</i>	5:30 - 6:30pm Slow Flow 2 <i>Yvette</i>	5:30 - 6:30pm Slow Flow 1 <i>Marcia/Wayne</i>	5:30 - 6:30pm Foundations <i>Nicole A</i>	5:30 - 6:45pm Slow Flow 1/2 <i>Wayne</i>	<i>Classes labelled KOM are designated "Keep on Moving" classes</i>
			Talk w/Marcia ☒ <i>Reset - Ayurvedic Habits for Fall</i> Oct 10, 7-8pm Mini Loft*			
	7-8:15pm ☒ <b>Pre-Natal</b> <i>Tania</i> <i>see web site to be added to waitlist.</i>	7-8:15pm Restorative <i>Tania</i> <i>Pre-Natal Friendly!</i>	7-8:15pm Strong Flow Yoga <i>Amber</i>	<b>~NEW CLASS~</b> 7-8:15pm Yin <i>Yvette</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

**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 4<sup>th</sup> 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.