

CLASSES FOR KIDS + FAMILIES

REGISTER ON WEB SITE

Pre-Natal Yoga. (Mon 7-8:15pm)

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

**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, JAN 20, 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) NOV 7-DEC 19 (7 weeks),

Cost: \$105 for the session, or \$17 per 1 class.

Pre-registered only. See web site.

Teen Yoga (Mon, 4-5pm) Pre-registered series:

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

- JAN 7 - FEB 25 (7 weeks), *NO class Feb 18*, **cost:** \$70;

- MARCH 4 - APR 29 (6 weeks), NO class March 18, Apr 1, 22), **cost:** \$60

No drop-ins.

Kids Classes

Each series runs for 2 months. Must commit to full series. No drop-ins. See website for details.

***Kids Yoga with Mariko** (resumes in Jan:

Jan 5 - Feb 2 - 5 week session)

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.

Gratitude & Grace:

Yoga with Natalie Saari
by donation \$15+

Mon Dec 10th, 5:30-6:30pm

Proceeds go towards Vinyasa Yoga For Youth

Natalie Saari presents another beautiful offering, a special yoga experience of Gratitude&Grace!

STUDIO EVENTS

Register at www.youryogaloft.com

Movement Medicine with Tania McCartney

The Spine - Sun Dec 9, 1-3pm

Investment: \$30/\$25 for members;

This program is TRAUMA SENSITIVE

A workshop to explore empowering the individual to find, and believe, in their inner guide.

Kegels & Kombucha with Melissa

3 dates to choose from: Sun Dec 9, Sun Jan 20,

Sun Feb 24, 4-6pm, cost: \$60

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

4-week Beginners Yoga Series 2019!

with Nicole Aracki at the Mini Loft*

Wednesdays Jan 9 - Jan 30, 5:30-6:30pm,

cost: \$56 for the series - spaces are limited!

Learn the fundamentals of yoga, breathing, and alignment in elemental versions of all poses.

Yoga for Anxiety with Tama Soble

Saturday Feb 9, 2:30-5:30pm

& Sunday Feb 10, 12:30-3:30pm

Cost: \$120 - early bird price before Jan 10,

\$150 - after Jan 10

For keen students, yoga teachers, yoga practitioners and anyone working in the mental health arena.

Mindful Mamas Mini Retreat with Natalie Saari & Friends

Friday Dec 7, 2:30-3:45pm, cost: \$12

A group of like-minded mamas practicing mindfulness, meditation and mantra. A resource for information on motherhood & community.

Christmas Day Community Class with Marcia- by donation \$15+

Tue, December 25, 9-10:15am

New Years Day Intention Setting Class with Natalie Saari

Tue, January 1, 10-11:30am

December 22-January 4 we run a special holiday schedule.

Watch for our flyer with specific class information.

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

\$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

December 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

DECEMBER 1-21 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>Tracy</i>		6:30-7:30am Slow Flow 1 <i>Tracy</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/Melissa</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>
			Dec 5, 12, 19 ☒ 10:30-11:45am Mom&Baby Yoga <i>Julie</i>			
10:45am-12noon Foundations <i>Paula</i>	10:45-11:45am Yin <i>Yvette</i>					RESUMES IN JANUARY 11:45-12:45pm ☒ Kids Yoga 6-12yrs <i>Mariko</i>
Dec 9 ☒ Movement Medicine *The Spine* 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 <i>Lacey</i>	12:10 - 12:55pm Gentle <i>Yvette (KOM)</i>	12:10 - 12:55pm Yin <i>Vivian</i>	RESUMES IN JANUARY 1:15-2pm ☒ Kids Yoga 5-9yrs <i>Mariko</i>
			True Nth Program for Men With Cancer ☒ 1:30-2:45pm Dec 5, 12,19 <i>Wayne</i>			
Dec 9 ☒ Kegels & Kombucha 4-6pm <i>Melissa</i>	Dec 3, 10, 17 ☒ Teen Yoga 4-5pm <i>Cherisse</i>	4-5pm Slow Flow 1 <i>Tracy</i>	Dec 5, 12, 19 ☒ 3:15-4:45pm Kids Yoga4Life <i>Marcia</i>	4-5pm Slow Flow 1 <i>Tracy</i>	Dec 7 ☒ Mindful Mamas 2:30-3:45pm <i>Natalie & Friends</i>	
	5:30 - 6:30pm Flow + Restore <i>Wayne</i> no class Dec 10	5:30 - 6:30pm Slow Flow 2 <i>Yvette</i>	5:30 - 6:30pm Slow Flow 1 <i>Wayne</i>	5:30 - 6:30pm Foundations <i>Nicole A</i>	5:30 - 6:45pm Slow Flow 1/2 <i>Wayne</i> no class Dec 21	Classes labelled KOM are designated "Keep on Moving" classes
	Dec 10 ☒ Gratitude&Grace 5:30-6:30pm <i>Natalie</i> By donation \$15+					
	7-8:15pm ☒ Pre-Natal <i>Tania</i> Dec 3, 10, 17 see web site to be added to waitlist.	7-8:15pm Restorative <i>Tania</i> Pre-Natal Friendly!	7-8:15pm Strong Flow Yoga <i>Amber</i>	7-8:15pm Yin <i>Yvette</i>		

DROP IN CLASS LEVELS

Level 1- Restorative, Gentle, Foundations, 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 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.