
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! Want to drop in to a pre-natal friendly class? Use an unlimited pass or punch card to attend or pay a drop in fee.

Teen Yoga (Mon, 4-5pm)

Pre-registered series/ \$10 per class. No drop ins. JAN 7 – FEB 25 (7 weeks), *NO class Feb 18*, MARCH 4 – APR 29 (6 weeks), NO class March 18, Apr 1, 22), **cost:** \$60

Kids Classes

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

***Kids Yoga with Mariko**

Jan 5 – Feb 2 – 5 week session.

**No classes scheduled for March and April*

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.

SERIES OF CLASSES

True North Men's Cancer Yoga Program

Wednesdays Jan 16 – Feb 20, 1:30-2:45pm

See Website for Details

SOLD OUT!! Watch for more options!

4-week Beginners Yoga Series 2019!

with Nicole Aracki at the Mini Loft*

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

STUDIO EVENTS

Register at www.youryogaloft.com

30 Day Self Love Challenge - led by Tracy

January 18- February 16

cost: \$25 plus cost of pass to practice-
details on website

*Choose your challenge – do 3, 5, or 7 classes per week to prioritize health, healing, and a sustainable practice for 2019!

30 Day Self Love Challenge Intention

Setting Event- with Marcia + Tracy

Sunday January 13, 3-5pm

For all challenge attendees! Free!

Yoga, Wine, and Chocolate Tasting

Friday January 18, 7-9pm

Member cost: \$25/person, \$40/couple & non-member

cost: \$30/person, \$50/couple

*Join Tracy for gentle yoga followed by wine and chocolate tasting with Privato Winery.
Spaces are limited!

Partner Yoga with Martina & Aina

Saturday February 2, 2:30- 5:00 pm

Member cost: \$25 & non-member cost: \$30

*Partner Yoga helps build trust, new bonds and creates a feeling of surrender. This is an all-levels workshop for everyone!

Kegels & Kombucha with Mellissa

2 dates to choose from: 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

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.

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 \$100 (\$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

\$15 per class - pre-natal

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
JANUARY 2019



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

JANUARY 6-31 CLASS SCHEDULE- THE YOGA LOFT

Note that classes may have guest teachers + class cancellations may take place on long weekends and holidays- see website for live schedule.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:30-7:30am Sunrise Flow <i>Tracy</i>		6:30-7:30am Sunrise Flow <i>Tracy</i>		8:30-9:45am Foundations <i>Tania</i>
9:30-10:45am Foundations <i>Paula</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</i>	9-10:15am Slow Flow 1 <i>Tracy</i>	10-11:15am Slow Flow 2 <i>Wayne</i>
	10:45-11:45am Yin <i>Yvette</i>					Kids Yoga 6-12yrs Jan 5-Feb 2 ONLY 11:45-12:45pm ☒ <i>Mariko</i>
30 Day Challenge Intention Setting Event Jan 13, 3-5pm ☒ <i>Marcia + Tracy</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</i>	12:10 - 12:55pm Yin <i>Vivian</i>	Kids Yoga 5-9yrs Jan 5-Feb 2 ONLY 1:15-2pm ☒ <i>Mariko</i>
			True Nth Program for Men With Cancer ☒ 1:30-2:45pm Jan 16-Feb 20 <i>Wayne</i>			
Jan 20, Feb 24 ☒ Kegels & Kombucha 4-6pm <i>Mellissa</i>	Teen Yoga 4-5pm ☒ <i>Cherisse</i>	4-5pm Slow Flow 1 <i>Tracy</i>	Kids Yoga4Life 3:15-4:45pm ☒ <i>Marcia</i>	4-5pm Slow Flow 1 <i>Tracy</i>		
	5:30 - 6:30pm Flow + Restore <i>Wayne</i>	5:30 - 6:30pm Slow Flow 2 <i>Yvette</i>	5:30 - 6:30pm Slow Flow 1 <i>Wayne</i>	5:30 - 6:30pm Embodied Strength <i>Madison</i>	5:30 - 6:45pm Slow Flow 1/2 <i>Wayne</i>	Partner Yoga Feb 2, 2:30-5pm ☒ <i>Martina + Aina</i> this event counts towards the challenge!
	7-8:15pm ☒ Pre-Natal <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>	7-8:15pm Yin <i>Yvette</i>	Yoga Wine + Chocolate Jan 18, 7-8pm ☒ <i>Tracy</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, Embodied Strength

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.