
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

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
with Wayne Porterfield**

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

See Website for Details

NEW SERIES!

**Introduction to Meditation & Mindfulness
with Wayne Porterfield at the Mini Loft***

Mondays Fe 4 – March 18 (*NO class March 4*),
7-8pm, BY DONATION to Vinyasa Yoga for Youth

STUDIO EVENTS

Register at www.youryogaloft.com

30 Day Self Love Challenge - led by Tracy

January 18- February 16

Don't miss these special events:

* Valentines Day Self Love Challenge Class
with Marcia, *Thursday Feb 14, 5:30-6:30pm* –
EVERYONE WELCOME DROP IN!

*Self Love Challenge Final Day Celebration with
Wayne and Marcia, *Saturday Feb 16, 10-11:15am* –
EVERYONE WELCOME DROP IN!

Partner Yoga with Martina & Aina

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

Member cost per person: \$25

& non-member cost per person: \$30

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

*This event will count as one of your practices
during Self Love Challenge.

**Kegels & Kombucha with Mellissa
at the Mini Loft***

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

*This workshop is ideal for any age or stage of life,
but is especially recommended for pre and postnatal
women

Yoga for Anxiety with Tama Soble

A two-day workshop:

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

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

Cost: \$150

* Spend a weekend exploring how asana, pranayama
and meditation practices support those living with
the challenges of anxiety.

*For keen students, yoga and meditation teachers,
yoga practitioners and anyone studying and/or
working in the mental health arena.

NEW DROP IN CLASS!

Starts Feb 10

Yoga for Beginners with Paula

Sundays, 4-5pm

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

February 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

FEBRUARY 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> For Feb 16 ONLY! the class will be: Self Love Challenge Final Day Celebration Class (everyone welcome drop in) <i>Wayne + Marcia</i>
	10:45-11:45am Yin <i>Yvette</i>					Kids Yoga 6-12yrs Feb 2 ONLY 11:45-12:45pm ☒ <i>Mariko</i>
Yoga for Anxiety Feb 10, 12:30-3:30pm ☒ <i>Tama Soble</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> True Nth Program for Men With Cancer ☒ 1:30-2:45pm Jan 16-Feb 20 <i>Wayne</i>	12:10 - 12:55pm Gentle <i>Yvette</i>	12:10 - 12:55pm Yin <i>Vivian</i>	Kids Yoga 5-9yrs Feb 2 ONLY 1:15-2pm ☒ <i>Mariko</i>
NEW DROP IN CLASS!!! STARTS FEB 10 4-5pm Yoga for Beginners <i>Paula</i>	Teen Yoga 4-5pm ☒ <i>Cherisse</i> <i>no class Feb 18</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>		Partner Yoga Feb 2, 2:30-5pm ☒ <i>Martina + Aina</i> this event counts towards the challenge!
Feb 24 ☒★ Kegels & Kombucha 4-6pm <i>Mellissa</i>	5:30 - 6:30pm Flow + Restore <i>Wayne</i> Intro to Meditation & Mindfulness Feb 4 - Mar 18 7-8pm ☒★ <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> For Feb 14 ONLY! the class will be: Valentines Day Self Love Challenge Class (everyone welcome drop in) <i>Marcia</i>	5:30 - 6:45pm Slow Flow 1/2 <i>Wayne</i>	Yoga for Anxiety Feb 9, 2:30-5:30pm ☒ <i>Tama Soble</i>
	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>		

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.