
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.

Post-Natal Yoga.

*Mom & Baby Yoga with Julie McCoppen, (Wed 10:30-11:45 am) FEB 13 - MAR 27 (7 weeks), **Cost:** \$90 (7-week session for the price of 6 weeks), or \$17 per 1 class.
Baby snugglers available! (for pre-walkers)
Pre-registered only. See web site.

Teen Yoga (Mon, 4-5pm)

Pre-registered series/ \$10 per class. No drop ins. MARCH 4 – APR 29 (6 weeks), NO class March 18, Apr 1, 22
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. No drop-ins. See website for details.

***Kids Yoga with Mariko**

**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.

STUDIO EVENTS

Register at www.youryogaloft.com

Cultivating Artistic Creativity
with Mellissa Hubbard & Lisa Conroy

Sunday Apr 28, 1:30-3:30pm,
Cost: - \$35 – early bird price before Apr 14,
- \$40 – after Apr 14

- * Have you ever wanted to unlock your creative potential?
 - * Come, breathe, chill, move, play, and CREATE!!
 - * You'll learn best practices for intention setting that will allow you to be uniquely contemplative.
 - * Allow yourself to let go of limitations and open to new possibilities.
*Open to all.
- ~NOTE, this workshop uses ESSENCIAL OILS to enhance the creative experience~

Kirtan & Sacred Song with Sadhu Prem
(aka) James McEwan

Friday Apr 5, 7-9pm
Cost: \$22/\$18 for YL members
* Create Inner Peace and experience your connection to The Divine with Kirtan on the path of Bhakti (devotional) Yoga.
* Connect with the vibration of mantras and music to calm the mind, purify our hearts and bring you in touch with your True Essence.
*Feel inner peace, freedom and happiness.

SERIES OF CLASSES

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
* Join experienced meditator Wayne Porterfield for this introduction to meditative and mindfulness practices.
* In this weekly offering you can expect a short talk followed by a formal seated meditation practice and discussion.

* Topics: demystifying meditation, garden of consciousness, inter-being, judgemental mind, rushing a moment, duality and non-duality.

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
\$17 per class – 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
March 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

MARCH 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>Melissa</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>		Feb 14-Mar 27 ☒ 10:30-11:45am Mom&Baby Yoga <i>Julie</i>			RESUMES IN MAY Kids Yoga 6-12yrs 11:45-12:45pm ☒ <i>Mariko</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>Paula</i>	12:10 - 12:55pm Gentle <i>Yvette</i>	12:10 - 12:55pm Yin <i>Vivian</i>	RESUMES IN MAY Kids Yoga 5-9yrs 1:15-2pm ☒ <i>Mariko</i>
4-5pm Yoga for Beginners <i>Paula</i>	Teen Yoga 4-5pm ☒ <i>Cherisse</i> <i>no class March 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>		
	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>	
	Intro to Meditation & Mindfulness Feb 4 - Mar 18 7-8pm ☒★ <i>Wayne</i> <i>no class March 4</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.