
CLASSES FOR KIDS + FAMILIES
REGISTER ON WEB SITE

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

Pre-register only. See web site. Email info@youryogaloft.com so we can add you to the next available session. Next Session starts Sept 9th

NOTE: Our Tuesday 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 (Wed 10:30-11:45 am)
Currently on hold!

Teen Yoga (Mon, 4-5pm)

Pre-registered series/ \$10 per class. 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. Free Class September 16
Fall Session runs September 30 to December 16th

Kids Classes

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

***Kids Yoga with Mariko**

6-11 years (11:45am -12:45pm) Saturday

Must pre-register
6 or 12 week sessions available
September 14th to December 14th

***Kids Yoga4Life with Cherrisse**
ages 7+ (3:15-4:45 Wednesday)

*Kids Yoga4Life is an in depth yoga study program where kids learn to teach. Requires keen interest. Includes yoga AND classroom-like learning. Must pre-register
6 or 12 week sessions available.
October 2nd to December 18th

STUDIO EVENTS
Register at www.youryogaloft.com

Revolution Yoga with Lila

September 28 to 29. 4 workshops in total.
Saturday 10am to 12:30pm and 2-5pm
Sunday 9 to 11:30am and 1:30 to 3:30pm
Available in package pricing.

The Power of Breath with Bogey Sattva

A workshop on the power of breath, the power of developing your character, and the power of Attitude
Saturday September 14th at 1:30pm

Soul Full Sunday with Cherrisse

Mini retreat including Silence & Pranayama, Vinyasa Krama Flow, Restore and Relax.
Sunday September 15th at 2pm
By Donation

Roll Release Relax

Once a month with Amber, this unique class includes Yoga to asses and reassess the effects of ball techniques.
4 in total starts September 29th at 7pm

Taste of the Island with Tracy

Island life is all about finding new adventures. While travel is a nice option, how do you find a taste of adventure on a daily basis? Explore your own possibilities through reflection, yoga, mantra and Grenadian treats!
Wednesday September 25th at 7pm

End of Summer Sale

3 months unlimited \$195
20 Punch Pass \$250
ends September 15



Looking to trade energy for classes?
E-mail us at info@youryogaloft.com for more 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 \$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 AND POST NATAL

\$15 per class - pre-natal
\$15 per class - mom & baby

KIDS YOGA

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 debit, Visa & M/C. We no longer take cash or cheques.

*Buy in studio, online or on our mobile app on Mindbodyonline

*Students must buy in studio with proof of enrollment

*Complementary tea and mat use

YOGA
LOFT
CLASSES + EVENTS
September 2019



NEW? TRY OUR INTRO SPECIAL

*New Clients only
*\$40 for one month- drop in classes

#201 – 409 Seymour St

www.youryogaloft.com

QUESTIONS?

EMAIL US FOR FASTEST RESPONSE

info@youryogaloft.com

SEPTEMBER 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>Charlie</i> <i>Resumes mid September</i>		6:30-7:30am Sunrise Flow <i>Vivian</i>		8:30-9:45am Foundations <i>Wayne</i>
9:00-10:15am Sunday Salutations <i>Paula</i>	9-10:15am Foundations <i>Nicole</i>	9-10:15am Slow Flow 1 <i>Mellissa</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>Amber</i>	10:15-11:30am Slow Flow 2 <i>Wayne</i>
	10:45-11:45am Yin <i>Yvette</i> <i>No Class Sept 2</i>				10:45- 11:45am Align + Flow <i>Martina</i>	Kids Yoga with Mariko 12- 1p, Resumes September 14
	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>	
	Teen Yoga 4-5pm ☒ <i>Cherisse</i> <i>Starts Sept 30</i> <i>Free Class Sept 16</i>	4-5pm Sacred Sweat NEW <i>Martina</i> Starts Sept 24	Kids Yoga4Life 3:15-4:45pm ☒ <i>Cherisse</i> <i>Resumes Oct 2</i>	4-5pm Slow Flow 1 <i>Aina</i>		
	5:30 – 6:30pm Flow + Restore <i>Wayne</i> <i>No Class Sept 2</i>	5:30 – 6:30pm Align + Flow <i>Martina</i>	5:30 – 6:30pm Slow Flow 1 <i>Wayne</i>	5:30 – 6:30pm Slow Flow 2 <i>Yvette</i>	5:30 – 6:45pm Slow Flow 1/2 <i>Wayne</i>	
	7-8:15pm ☒ Pre-Natal <i>Tania</i> <i>Resumes Sept 9</i>	7-8:15pm Restorative <i>Tania</i>	7-8:15pm Strength and Balance <i>Aina</i> <i>No class Sept 25</i>	7-8:15pm Yin <i>Yvette</i>		

DROP IN CLASS LEVELS

Level 1- Restorative, Gentle, Foundations, Sweet Round of Meditation

Level 2- Slow Flow 1, Flow to Yin, Flow + Restore, Slow Flow 1/2, Yin, Align + Flow, Sunday Salutations

Level 3- Slow Flow 2, Strength and Balance

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.