



FALL SCHEDULE Nov-01 to Dec-31, 2018 VO1-EN

Yoga, Fitness & Meditation Classes | Massage, Osteopathy & Acupuncture Services | Yoga Teacher Training Programs

Always check live schedule at omwest.com for status of classes

Yoga Drop-In	Fitness Drop-In	Meditation Drop-In	Mom-Baby By Registration	Speciality Classes By Registration	Courses By Registration	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:15 Rudram Meditation 1 st Monday of Month	7:00-7:45 Morning Flow Marta		7:00-7:45 Morning Flow Marta		9:15-10:15 Asana Workshop Thematic Michelle	8:30-10:15 Ashtanga Yoga Flow Carole
9:30-10:45 Gentle Yoga Hatha Pamela	9:30-10:45 Yin Yoga Marie	9:30-10:45 Hatha Yoga Manon	9:30-10:45 Flow Yoga Marie	9:30-10:45 Gentle Yoga Hatha Pamela	10:30-11:45 Hatha Yoga Antoine	10:30-11:20 Barre Elly
				10:00-10:50 Barre Erin		11:30-12:45 Slow Flow Emilie
11:00-11:50 Mom-Baby Barre & Prenatal Daniella	11:00-12:15 Chair Yoga Linda	11:00-11:50 Mom-Baby Barre & Prenatal Erin	11:00-12:30 Restorative Yoga Renée	14:00-15:00 Mom-Baby Yoga Gen	14:00-15:15 YOGA-1 Starts Sep-29	13:15-14:45 Padma Sadhana Yoga-Breath-Meditation
	17:00-18:15 Flow Yoga Sebastien	Anytime 17:00-18:15 Om Meditation Free		17:00-18:15 Flow Yoga Michelle	15:30-16:45 Flow Yoga Clémence	15:00-16:15 Jñāna Yoga Course Ashtavakra Gita
18:15-19:30 YOGA-1 Starts Oct-15	18:15-19:30 Yoga Sculpt w/Weights Sabrina	18:15-19:45 Gentle + Restorative Renée	18:15-19:30 Slow Flow Elise		17:00-18:00 Jazz Dance Clémence	16:30-17:00 Puja Meditation Free Antoine & Pam
18:30-19:45 Flow Yoga Michelle	18:30-19:30 Pilates Lisa	18:30-19:45 Flow Yoga Michelle	18:30-19:30 Essentrics Lori	19:30-21:30 Special Events <i>Cooking Classes, Workshops, Kirtans Concerts, Speakers... See Online Schedule</i>	3-Day Workshop Happiness Program Breath/Mindfulness	17:00-18:15 5-@-5 Flow Yoga \$5@5PM Clémence
19:45-21:00 YOGA-1 Starts Nov-12	19:45-21:00 Flow Yoga \$10 Tuesdays Chloé	20:00-20:50 Barre Erin	19:45-21:00 Teen Yoga Age 13-17 Elise		2-Day Workshop Art of Meditation Learn to Meditate	17:00-18:15 Sudarshan Kriya \$5 Hap Prog Grads
20:00-21:15 Yin Yoga +Crystal Bowls Gen		20:15-21:30 YOGA-1 Starts Sep-12	19:45-21:00 Hatha Yoga Chloé			

Drop-in Passes [No Expiry]			
Save 15% if 1 st pass or age ≤ 24 or Om West YTT Grad			
Classes	Price	Family Pass	/Class
1 Class	\$18		\$18
10 Classes	\$150	No	\$15
20 Classes	\$250	Yes	\$12.50
Fall Promo: Buy any pass of \$100 or more & get 10% of amount as Gift Card for any new person to use by Dec-31.			
Unlimited Passes	Price	Freeze	/Class
1 Week	\$35	0	\$11.67
5 Weeks	\$150	0	\$10.00
10 weeks	\$250	0	\$8.33
Bi-Weekly <small>Min 12 Wks</small>	\$45	21 d/year	\$7.50
1 Year	\$999	21 d/year	\$6.40
For all classes in yellow, orange and green			

Massage					
Daily 10am-10pm 15 Therapists Insurance Receipts					
Massage	60m	75m	90m	3-in-3	
Massage Group 1	\$80	\$95	\$110	3 massages in 3 months 60m: \$210 75m: \$255 90m: \$300	
Massage Group 2	\$95	\$110	\$125		
Group 1: Athletic Therapy, Californian, Deep Tissue, Esalen, Lomi Lomi, Lymphatic Drainage, Marma, Prenatal, Reflexology, Reiki, Sports, Swedish, & Fusion Massage					
Group 2: Hot Stones [90'], Shiatsu [75', 90'], Thai Yoga Massage [75'] & Facials [60', 75']				+ \$15 per massage or +\$45 to 3-in-3	

Art of Living Workshops		
Buy 1 & 2 Together and Save \$100		
1 Happiness Program		
Dates: Nov 16-18 Dec 14-16		
Times: Fri 6:30pm-10:00pm Sat-Sun 8:30am-12:00		
2 Art of Meditation		
Dates: Sep 29-30 Nov 17-18 Dec 15-16		
Times: Sat-Sun 1:30pm-4:30pm		
3 Jñāna Yoga Course: Ashtavakra Gita		
Dates: Starts Sep-30 for 11 weeks		
Times: Sundays at 3:00PM		
Happiness Retreat		
Dates: Dec 26-29, Includes room and healthy meals		
Where: International Art of Living Centre		
What: Happiness Prog + Yoga, Outdoor fun, Kirtans...		

10-Week Courses by Registration			
1 Class \$20 10 Weeks \$150 10 Wks+Unlimited \$250			
If you miss a class, make up for it with any drop-in			
Course	Starts	Starts	Starts
YOGA-1	Sep-12	Sep-29	Oct-15
YOGA-1	Oct-29	Nov-12	Jan-14
Teen Yoga (13-17)	Sep-20		Jan-17
Chair Yoga	Sep-18		Nov-27
Mom-Baby Barre	Sep-19	Oct-15	Nov-28
Mom-Baby Yoga	Sep-21		Nov-30
Yoga Teacher Training			
Training	Price	Duration	Starts
200h Certification	\$2,950	200h	May-27
300h Certification		300h	Jul-27
Chair Yoga	\$350	15h	Nov-30
Yin Yoga	\$350	15h	Jan-26

Acupuncture Osteopathy Ayurveda Privates					
Daily 10am-10pm 15 Therapists Insurance Receipts					
Acupuncture	60m	75m	90m	Pass	
Acupuncture	\$75				
Ayurveda	60m	75m	90m	Pass	
Abhyanga			\$125	3-in-3	
Marma	\$80			3-in-3	
Body Work	60m	75m	90m	Pass	
Athletic Therapy	\$80	\$95	\$110	3-in-3	
Thai Massage	\$95	\$110		3-in-3	
Osteopathy	60m	75m	90m	Pass	
Osteopathy	\$90				
Private Classes					
Yoga	\$85	75m	+\$5 per extra pers		
Meditation	\$395	2x2h	Art of Meditation		
Corporate <small>On Site</small>	\$100	Per/h	+\$25 Travel Fee		

Special Events		
Register Online for Events at omwest.com/store		
Fridays at 7:30PM	Date	Price
Crystal Bowls Concert	Sep-14	\$25
Eye Yoga Workshop	Oct-26	\$35
Yin Floyd (Yin to Pink Floyd)	Nov-23	\$20
Christmas Party & Potluck	Dec-21	Free
7 th Annual Christmas Yoga on Dec-25 10:00AM		
1 st Free Trial Classes by RSVP	Date	Time
Come try these new classes for free...		
Jazz, Barre, Essentrics, Pilates		
Satsang at Studio Zen-Den [studiozenden.com]		
8:00PM Evening of chanting followed by a potluck		
Sep-07 Oct-05 Nov-09 Dec-07 FREE		