



WINTER SCHEDULE Jan-01 to Mar-31, 2019 V10-EN

Yoga-Meditation-Fitness Classes • Massage-Osteopathy-Acupuncture Services • Yoga Teacher Training Programs

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

Yoga Drop-In	Dance & Fitness Drop-In	Meditation Drop-In	Specialized Classes By Registration	Courses By Registration	Workshops By Registration
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:45-9:15 [A&P] Puja Meditation Free	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 Core Flow Antoine	10:30-11:20 Barre Elly
	11:00-12:15 Chair Yoga Linda	11:00-11:50 Mom-Baby Barre & Prenatal Erin	11:15-12:45 Restorative Yoga Renée	10:00-10:50 Barre Erin	12:00-13:00 Essentrics Lori	11:30-12:45 Slow Flow Emilie
	17:00-18:15 Flow Yoga \$10 Tuesdays Seb	Anytime 17:00-18:15 Om Meditation Free	17:15-18:15 Teen Yoga Ages 13-17 Clémence	14:00-15:00 Mom-Baby Yoga Geneviève	13:30-15:00 [A&P] MEDITATION-1 Learn Meditation	13:00-14:15 [A&P] Yogic Wisdom Starts Feb-03
18:15-19:30 [A&P] YOGA-1 Learn Yoga		18:15-19:45 Gentle + Restorative Renée	18:15-19:30 Slow Flow Elise	17:15-18:30 YOGA-2 Y-2 Grads can Drop-In	15:15-16:45 [A&P] Padma Sadhana Hatha Yoga • Breath Work • Meditation	14:30-16:00 [A&P] Padma Sadhana
18:30-19:45 Flow Yoga Michelle	18:30-19:30 Slow Flow \$10 Tuesdays Trish	18:30-19:45 Flow Yoga Michelle	18:30-19:45 YOGA-1 Learn Yoga	19:30-21:30 Master Classes By Registration Last Fri of Month 2-Hour Classes Schedule at Back: Yin, Padma Sadhana Vinyasa, Sivananda Restorative, Ashtanga	Workshops by the Art of Living with Antoine & Pamela Feb 15-17 • May 17-19 Happiness Program Breathing Mar 16-17 • Jun 15-16 Art of Meditation Meditation	16:15-17:30 [A&P] Sudarshan Kriya \$5 Hap Prog Grads
19:45-21:00 [A&P] YOGA-1 Learn Yoga	19:45-21:00 Flow Yoga \$10 Tuesdays Chloé	20:00-20:50 Barre Elly	19:45-21:00 Hatha Yoga Chloé			17:00-18:15 5-at-5 Flow \$5 Clémence
20:00-21:15 Yin Yoga +Crystal Bowls Gen	20:00-21:15 [\$10 Tue] Rudram Meditation 1 st Tuesday of Month	20:15-21:30 [A&P] YOGA-1 Learn Yoga	20:00-21:00 Jazz Clémence			

Drop-in Passes [No Expiry]			
All classes in yellow, orange and green			
Class Pass	Price	Family	/Class
1 Class	\$18	Pass	≈\$18 ⁰⁰
10 Classes	\$150	No	≈\$15 ⁰⁰
20 Classes	\$250	Yes	≈\$12 ⁵⁰
1 Week	\$35	Freezable	≈\$10 ⁰⁰
5 Weeks	\$150	No	≈\$ 8 ⁵⁷
Bi-Weekly ^{Min 12 Wks}	\$55	Yes	≈\$ 7 ⁸⁵
Winter Promo for New Members: 5-Week Trial Pass \$59.99			
Winter Promo for Everyone: 50 Classes \$499.99			
Winter Promo for Ages 24 & Under: 10 Classes \$89.99			

Massage				
Daily 10am-10pm 15 Therapists Insurance Receipts				
Group	60m	75m	90m	120m
1	\$80	\$100	\$120	\$150
2	\$90	\$110	\$130	\$160
Group 1: Athletic Therapy • Californian • Chakra Balancing • Deep Tissue • Esalen • Lomi Lomi • Lymphatic Drainage • Marma • Prenatal • Reflexology • Reiki • Sports • Swedish • FusiOM				
Group 2: Hot Stones [90'] • Shiatsu [75',90'] • Thai Yoga Massage [60', 75'] • Facials [60', 75']				
3-in-3 Pass: 3 massages in 3 months Save 10%				

Workshops & Events	
Happiness Program: Breath & Mindfulness	
Dates: Feb 15-17 • May 17-19 • Aug 23-25	
Times: Fri-Sat 18:30-22:00 & Sun 18:00-21:00	
Art of Meditation: Initiation by Mantra	
Dates: Mar 16-17 • Jun 15-16 • Sep 21-22	
Times: Sat-Sun 18:00-21:00	
Special Events	
New Year Blessings & Meditation Jan-1 7:00PM	
Yoga Nidra Class Jan 25 • Feb 22 8:00PM	
Yoga Nidra Workshop Apr-6 10:00AM-12:30PM	
Satsang at Studio Zen-Den [studiozenden.com]	
Chanting followed by potluck • 8:00PM • FREE	
Jan-04 • Feb-01 • Mar-01 • Apr-05 • May-03 • Jun-7	

10-Week Courses by Registration			
If you miss a class, make up for it with any drop-in			
Course	Starts	Starts	Starts
YOGA-1	Jan-10	Feb-06	Mar-04
YOGA-1	Apr-01	Apr-25	May-29
YOGA-2	Jan-25	Mar-22	May-31
10 Wks: \$150 • 10 Wks+10 Classes: \$250 • 10 Wks for 2: \$250			
Course	Starts	Starts	Starts
MEDITATION-1	Feb-02	May-04	Sep-14
10 Wks: \$200 • MED-1+YOGA-1: \$300 • 10 Wks for 2: \$300			
Course	Starts	Starts	Starts
Teen Yoga	Jan-10	Mar-28	Sep-12
Mom-Baby Barre	Feb-27	May-08	Sep-11
Mom-Baby Yoga	Jan-25	Apr-12	Sep-13
Chair Yoga	Feb-26	May-07	Sep-10
1 Class: \$20 • 10 Weeks: \$150 • 20 Weeks \$250			

Acupuncture • Osteopathy • Ayurveda • Privates				
Daily 9:30am-10pm 15 Therapists Insurance Receipts				
Acupuncture	60m	75m	90m	Pass
Acupuncture	\$75	-	-	-
Ayurveda	60m	75m	90m	Pass
Marma	\$80	\$100	-	3-in-3
Chakra Balancing	\$80	\$100	-	3-in-3
Thai Massage	\$90	\$110	-	3-in-3
Osteopathy	60m	75m	90m	Pass
Athletic Therapy	\$80	\$100	\$120	3-in-3
Osteopathy	\$90	-	-	-
Private Classes			Price	
At Om West			\$80	
At your workplace or home			\$100	
Massage therapy training for 1: \$150/2h				
Massage training for 2: \$200/2h for 3-6 people: \$250/2h				

Trainings & Master Classes		
Yoga Teacher Training		
Yoga Alliance Certified School		
Training	From	To
Yin Yoga [15h]	Jan-26	Jan-27
200h Certification	May-27	Jul-05
300h Certification	Jul-21	Aug-18
2h Master Classes		
Last Friday of each month 7:30PM to 9:30PM \$20 by Registration		
Jan-25	Yin Yoga	Marie
Feb-22	Padma Sadhana	Pamela
Mar-29	Vinyasa (Flow) Yoga	Michelle
Apr-26	Sivananda (Hatha)	Antoine
May-31	Restorative Yoga	Renée
Jun-28	Ashtanga Yoga	Carole