



# SPRING SCHEDULE Apr-01 to Jun-30, 2019 V06-EN

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

Always check live schedule at [omwest.com](http://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 <b>Puja Meditation</b> Free   A&P	7:00-7:45 <b>Morning Flow</b> Marta		7:00-7:45 <b>Morning Flow</b> Marta		9:15-10:15 <b>Asana Workshop</b> Thematic   Michelle	8:30-10:15 <b>Ashtanga Yoga</b> Flow   Carole
9:30-10:45 <b>Gentle Yoga</b> Hatha   Pamela	9:30-10:45 <b>Yin Yoga</b> Marie	9:30-10:45 <b>Hatha Yoga</b> Manon	9:30-10:45 <b>Flow Yoga</b> Marie	9:30-10:45 <b>Gentle Yoga</b> Hatha   Pamela	10:30-11:45 <b>Core Flow</b> Antoine	10:30-11:20 <b>Barre</b> Elly
11:00-11:50 <b>Mom-Baby Barre</b> & Prenatal   Erin		11:00-11:50 <b>Mom-Baby Barre</b> & Prenatal   Erin	11:15-12:45 <b>Restorative Yoga</b> Renée	11:00-11:50 <b>Barre</b> Erin	12:00-1:00 <b>Essentrics</b> Lori	11:30-12:45 <b>Slow Flow</b> Emilie
	5:00-6:15 <b>Flow Yoga</b> \$10 Tuesdays   Seb	Anytime 5:00-6:15 <b>Om Meditation</b> Free	5:15-6:15 <b>Teen Yoga</b> Ages 12-15   Clémence	2:00-3:00 <b>Mom-Baby Yoga</b> Geneviève	1:15-2:30 [A&P] <b>MEDITATION-1</b> Starts May-04	
6:15-7:30 [A&P] <b>YOGA-1</b> Starts Apr-08		6:15-7:45 <b>Gentle + Restorative</b> Renée	6:15-7:30 <b>Slow Flow</b> Elise	5:15-6:30 <b>Flow Yoga</b> Michelle		2:30-4:00 [A&P] <b>Padma Sadhana</b> Yoga•Breath•Meditation
6:30-7:45 <b>Flow Yoga</b> Michelle	6:30-7:30 <b>Slow Flow</b> \$10 Tuesdays   Trish	6:30-7:45 <b>Flow Yoga</b> Michelle	6:30-7:45 <b>YOGA-2</b> Starts Apr-04	7:30-9:30 <b>Master Classes</b> 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 May 17-19•Aug 23-25 <b>Happiness Program</b> Breathing Jun 15-16•Sep 21-22 <b>Art of Meditation</b> Meditation	4:15-5:30 [A&P] <b>Sudarshan Kriya</b> \$5   Hap Prog Grads
	7:45-9:00 <b>Flow Yoga</b> \$10 Tuesdays   Chloé	8:00-8:50 <b>Barre</b> Elly	7:45-9:00 <b>Hatha Yoga</b> Chloé			5:00-6:15 <b>5-at-5 Flow</b> \$5   Clémence
8:00-9:15 <b>Yin Yoga</b> +Crystal Bowls   Gen		8:15-9:30 [A&P] <b>YOGA-1</b> Starts May-29	8:00-9:00 <b>Jazz</b> Clémence			

Drop-in Passes [No Expiry]			
All classes in yellow, orange and green			
Class Pass	Price	Family	/Class
1 Class	\$18	Pass	= <del>\$18</del> <sup>00</sup>
10 Classes	\$150	No	= <del>\$15</del> <sup>00</sup>
20 Classes	\$250	Yes	= <del>\$12</del> <sup>50</sup>
50 Classes	\$500	Yes	= <del>\$10</del> <sup>00</sup>
1 Week	\$35	Freezable	/Week
1 Month	\$135	No	= <del>\$31</del> <sup>15</sup>
Monthly Ongoing	\$120	Yes	= <del>\$27</del> <sup>69</sup>
<p><b>New Members:</b>                      1-Week Trial Pass \$20  <b>Ages 24 &amp; Under • YTT Grads:</b>                      15% Off Regular Passes</p>			

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

Workshops & Events
<b>Happiness Program:</b> Breath & Mindfulness
<b>Dates:</b> May 17-19 • Aug 23-25
<b>Times:</b> Fri-Sat 18:30-22:00 & Sun 18:00-21:00
<b>Art of Meditation:</b> Initiation by Mantra
<b>Dates:</b> Jun 15-16 • Sep 21-22
<b>Times:</b> Sat-Sun 18:00-21:00
<b>Special Events</b>
<b>Yoga Nidra Workshop</b> Apr-6 10:00AM-12:30PM
<b>Adjusting &amp; Assisting for Yoga Teachers (Carole)</b> Apr-13 Standing Asanas • May-4 Seated Asanas Jun-1 Backbends & Inversions [1:00PM-4:00PM]
<b>Satsang at Studio Zen-Den [studiodenzen.com]</b>
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		Apr-08	May-08
YOGA-2	Apr-04		
10 Wks: \$150 • 10 Wks+10 Classes: \$250 • 10 Wks for 2: \$250			
Course	Starts	Starts	Starts
MEDITATION-1		May-04	Sep-14
10 Wks: \$200 • MED-1+YOGA-1: \$300 • 10 Wks for 2: \$300			
Course	Starts	Starts	Starts
Teen Yoga	Free Trial Mar-28		Apr-04
Mom-Baby Barre		May-08	Sep-11
Mom-Baby Yoga		Apr-19	Sep-13
Chair Yoga	Thurs	1:00PM	May-09
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			\$85/75m	
At your workplace or home			\$100/h	
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
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