



# 1 Pass • 3 Studios

Fall Schedule from Sep-01 to Dec-31, 2019

**Classes:** Yoga-Meditation-Barre • **Wellness:** Massage-Osteopathy-Acupuncture • **Certifications:** Yoga Teacher Training

Always check live schedule at [omwest.com](http://omwest.com) for status of classes

<b>Breath • Meditation</b>	<b>Room Yoga ≈ 23.5°C</b>	<b>Warm Yoga ≈ 26.5°C</b>	<b>Fitness • Dance</b>	<b>Family Classes</b>	<b>Intro Courses</b>	<b>Special Events</b>
Drop-In Classes: 1 Pass Valid for all 3 Studios				3-month Passes	10-Week Sessions	By Registration

**FREE FORM:** Restorative: Unwind Yin: Stretch Hatha: Focus Core: Strengthen Flow: Move Power: Sweat Barre: Fitness  
**FIXED SEQUENCE:** Sivananda: Traditional Hatha Ashtanga: Traditional Flow Kriya: Breath Padma: Connect



## Om West – Pointe-Claire (PCL)

46 Sainte-Anne ave., Pointe-Claire, QC, H9S 4P8

Om West – Pointe-Claire is the West Island's longest running yoga studio. It has been in the heart of the Pointe-Claire Village since 1993. In addition to our classes and wellness services, Om West – Pointe-Claire is the home of our Barre classes and of our Yoga Teacher Training programs.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:45-9:15 <b>Puja &amp; Meditation</b> Free • Antoine & Pam				8:00-9:15 <b>MEDITATION-1</b> Starts Oct-11		8:30-10:00 <b>Ashtanga</b> Flow • Carole
9:30-10:45 <b>Hatha</b> Getnle • Pamela	9:30-10:45 <b>Yin</b> Marie	9:30-10:45 <b>Gentle</b> Manon	9:30-10:45 <b>Flow</b> Marie	9:30-10:45 <b>Hatha</b> Getnle • Pamela	9:15-10:15 <b>Asana Workshop</b> Thematic • Michelle	10:30-11:20 <b>Barre</b> Elly
11:00-11:50 <b>Mom-Baby Yoga</b> Genevieve			11:15-12:45 <b>Restorative</b> Renée	11:00-11:50 <b>Mom-Baby Barre</b> Erin	10:30-11:45 <b>Core</b> Antoine	11:30-12:45 <b>Slow Flow</b> Emilie
	17:30-18:20 <b>Latin Barre</b> Elly	Anytime 17:00-18:15 <b>Om Meditation</b> Free	17:15-18:15 <b>Teen Yoga</b> Ages 12-15 • Clémence			15:00-16:00 <b>Padma Yoga</b> Pamela
18:15-19:30 <b>YOGA-1</b> Starts Nov-18		18:15-19:45 <b>Gentle + Restorative</b> Renée	18:15-19:30 <b>Gentle Flow</b> Elise	17:15-18:30 <b>Flow</b> Michelle		16:15-17:30 <b>Sudarshan Kriya</b> \$5 • Happiness Grads
18:30-19:45 <b>Flow</b> Michelle	18:30-19:30 <b>Flow</b> Chloé	18:30-19:45 <b>Flow</b> Michelle	18:30-19:45 <b>YOGA-1</b> Starts Sep-12			17:00-18:00 <b>5-at-5 Flow</b> \$5 • Clémence
20:00-21:15 <b>Yin</b> Manon	19:45-21:00 <b>Gentle</b> Ghislain	20:00-21:15 <b>YOGA-1</b> Starts Oct-16	19:45-21:00 <b>Candlelight Yin</b> Tim	19:30 <b>Special Events</b> omwest.com	Sep 20-22 • Nov 22-24 <b>Happiness Program</b> Art of Living	Sep 14-15 • Dec 6, 13, 20 <b>Art of Meditation</b> Art of Living



## Om West – Saint-Laurent (STL)

2075 rue de l'Église, Saint-Laurent, QC, H4M 1G3

Om West owners Antoine & Pamela converted their basement into a home studio for a more intimate experience. If you like smaller group classes, Om West – Saint-Laurent is the place for you. Try our sauna experience along with your massage! The independent entrance to the studio is at the back.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:30-9:30 <b>Padma Yoga</b> Hatha • Antoine			10:00-11:15 <b>Hatha</b> Sylvana		10:00-11:15 <b>YOGA-1</b> Starts Oct-13
17:30-18:30 <b>Gentle</b> Elise	10:00-11:15 <b>Hatha</b> Pamela		16:30-17:45 <b>Flow</b> Jessica			
	18:15-19:30 <b>Flow</b> Clémence	18:15-19:30 <b>Hatha Flow</b> Antoine	18:15-19:30 <b>Sudarshan Kriya</b> \$5 • Happiness Grads	Nov 15-17 Fri 6:00PM to 9:30pm, Sat-Sun 10:00AM to 5:15PM <b>Art of Wholesome Eating (Ayurvedic Cooking Course)</b> Art of Living • Elisabeth		
	20:00-21:15 <b>YOGA-1</b> Starts Sep-10	20:00-21:15 <b>Hatha Flow</b> Antoine	20:00-21:15 <b>Hatha</b> Pamela	20:00 • Free <b>Bhakti Jam</b> Sep6 • Oct11 • Nov1 • Dec6		



# Om West – Lachine (LAC)

2035 Victoria St, Lachine, QC, H8S 0A8

This Fall, Om West is opening a new Centre in Lachine. The enthusiasm from the community has warmed our hearts. Join us in this elegant, modern studio that can host both room temperature and warm yoga classes. The schedule for our Lachine studios starts as early as August 19.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			8:00-9:00 <b>Morning Yoga</b> Sivananda • Antoine		9:45-11:15 <b>Ashtanga</b> Carole	9:45-11:00 <b>Power</b> Brindusa
9:45-11:15 <b>Gentle</b> Manon	9:45-11:00 <b>Flow</b> Sarah	9:45-11:00 <b>Hatha</b> Pamela		9:45-11:00 <b>Flow</b> Sarah	11:30-12:30 <b>Yin &amp; Massage</b> Sep7•Oct5•Nov2•Dec7	11:30-12:30 <b>Gentle</b> Pamela
		11:30-12:45 <b>MEDITATION-1</b> Starts Oct-16	12:05-12:55 <b>Lunchtime Yoga</b> Antoine	11:30-12:30 <b>Mom-Baby Yoga</b> Emily	12:45-13:45 <b>Knowledge &amp; Medit</b> Pamela	12:45-14:00 <b>YOGA-1</b> Starts Oct-20
18:00-19:00 <b>Power</b> Angela	16:45-17:45 <b>Padma Yoga</b> Antoine	18:00-19:00 <b>Flow</b> Miriam		16:00-17:00 <b>Teen Yoga</b> Ages 12-15 • Clémence	14:00-15:15 <b>Sudarshan Kriya</b> \$5 • Happiness Grads	Oct 25-27•Dec 27-29 <b>Happiness Program</b> Art of Living
19:15-20:15 <b>Flow</b> Angela	18:15-19:15 <b>Gentle</b> Antoine	19:15-20:15 <b>Power</b> Miriam	18:15-19:15 <b>Gentle</b> Manon	17:30-18:30 <b>Flow</b> Clémence	15:30-16:30 <b>Family Yoga</b> Ages 4-7 • Tina	15:30-16:30 <b>Kids Yoga</b> Ages 8-11 • Tina
20:30-21:30 <b>Yin &amp; Crystal Bowls</b> Genevieve	19:45-21:00 <b>YOGA-1</b> Starts Sep-10	20:30-21:30 <b>Prenatal Yoga</b> Emily	19:45-21:00 <b>Restorative</b> Manon	19:30 <b>Special Events</b> omwest.com	16:45-17:45 <b>Gentle</b> Francine	16:45-17:45 <b>Flow</b> Emilie

Follow us on Facebook: OmWest

## THERE'S NO PLACE LIKE OM!

Follow us on Instagram: omwest.yoga

### Drop-In Classes

Valid at All 3 Studios • No Expiry Dates

Drop-In Passes	Price	Family Share?	/Class
1 Class	\$18		\$18.00
10 Classes	\$150	No	\$15.00
20 Classes	\$250	Yes	\$12.50
40 Classes	\$450	Yes	\$11.25
1 Week	\$35	Freeze?	/Week
1 Month	\$135	No	\$31.15
Monthly <sup>Min 3 Months</sup>	\$120	Yes	\$27.69
Annual	\$1,350	Yes	\$25.96

### New Members (Trial Pass)

\$20 for 10 days + 10% off any pass above purchased during your first 10 days

### Youth Discount (Also for 200h & 300h YTT Grads)

We pay the taxes for ages 24 & under (with ID)

### Yoga Teacher Training

Recognized by Yoga Alliance & Revenu Quebec

Yoga Certification	Hours	Starts	Price
200h Hatha & Vinyasa	200h	Oct <sup>2019</sup>	\$2,995
200h Hatha & Vinyasa	200h	May <sup>2020</sup>	\$2,995
300h Certification	300h	Jul <sup>2020</sup>	
Continuing Education	Hours	Starts	
Advanced Hatha	150h	Aug <sup>2020</sup>	
Advanced Vinyasa	25h	Jul <sup>2020</sup>	
Pre & Postnatal Yoga	25h	Jul <sup>2020</sup>	
Kids & Family Yoga	25h	Jul <sup>2020</sup>	
Gentle & Chair Yoga	25h	Jul <sup>2020</sup>	
Restorative Yoga	25h	Jul <sup>2020</sup>	
Yin Yoga	25h	Jul <sup>2020</sup>	
Adjustments	25h	Jul <sup>2020</sup>	

### Wellness

Daily 9:00am-10:00pm • Insurance Receipts

Massage Therapy	60m	75m	90m	120m
• Californian	\$80	\$100	\$120	\$150
• Deep Tissue	\$80	\$100	\$120	\$150
• Deep Flow	\$80	\$100	\$120	\$150
• Lomi Lomi	\$80	\$100	\$120	-
• Prenatal	\$80	\$100	-	-
• Sports	\$80	\$100	\$120	-
• Swedish	\$80	\$100	\$120	\$150
• Warm Oil Thai	\$80	\$100	\$120	-
Hot Stones	-	-	\$135	-
Thai Yoga Massage	-	\$110	-	-
Manual Therapy	60m	75m	90m	120m
• Athletic Therapy	\$80	\$100	\$120	-
• Lymphatic	\$80	\$100	\$120	-
Osteopathy	\$90	-	-	-
Pressure Points	60m	75m	90m	120m
• Reflexology	\$80	-	-	-
Acupuncture	\$75	-	-	-
Chakra Balancing	-	\$100	-	-
Marma	\$85	-	-	-
Shiatsu	-	-	\$120	-
Save 10% with 3-3-3 Pass				
3 massages in 3 months at all 3 studios				
Can be used for all wellness services marked with •				
Sauna in Saint-Laurent				
+\$20 for 1 person • +\$30 for 2 people				

### Courses

Yoga	10-Wk	For 2	Repeat
YOGA-1	\$150	\$250	\$125
YOGA-2	\$150	\$250	\$125
Meditation	8-Wk	3-Wk	Repeat
MEDITATION-1	\$150		\$125
Art of Meditation		\$375	\$100
Both		\$475	\$225
- If you miss a week, drop-in to any class to make it up			
- Option to add 10 drop-in classes for \$100 (Save \$50)			

### Special Events

Happiness Program by Art of Living Foundation
Breathing techniques for mental clarity, increased energy and mindfulness. Effective for depression, trauma, anxiety, panic attacks, insomnia and stress.
10-h workshop Fri-Sat 6:15-9:45pm Sun 6:15-9:15pm
LAC & PCL Regular \$375 Student \$275 Repeater \$100
Art of Meditation by Art of Living Foundation
Sahaj Samadhi Meditation with Mantra Initiation
PCL Sep 14-15 from 10:30am-1:30pm
PCL Dec-6, 13 & 20 from 8:00-10:00am
LAC Dec-11 & 18 from 11:30am-14:30pm
Regular \$375 Students \$275 Repeaters \$100
Bhakti Jam
Friday at 8:00pm in STL • Sep-6 Oct-11 Nov-1 Dec-6
Soak in the uplifting vibrations from chanting mantras together • Free offering by Antoine & Pamela
Workshops & Master Classes
PCL Fri Oct-4 7:30pm Master Class with Michelle \$20
PCL Fri Oct-18 7:30pm Master Class with Marie \$20
LAC Fri Nov-8 7:30pm Yin Floyd with Antoine \$20
LAC Sun Dec 15 7:00pm Eye Yoga with Pamela \$30
<b>See Complete Events Calendar at omwest.com</b>

### Family Classes

Prenatal & Mom-Baby Classes	1 Pers	
1 Class	\$18	
10 Classes in 3 months	\$150	
20 Classes in 3 months	\$250	
Family Yoga (4-7 yrs w/Parent)	1 Pers	+1 Pers
1 Class	\$12	\$10
10 Classes in 3 months	\$100	\$80
Kids Yoga 8-11 • Teens 12-15	1 Pers	+1 Pers
1 Class	\$17 <sup>40</sup>	\$15 <sup>65</sup>
10 Classes in 3 months	\$140	\$120

### Private Classes

Yoga or Meditation
75m Session to Learn or to Perfect • By Appointment
\$85 + \$5 per Addtl Person • Pass \$800 for 10 classes
Massage
2h Session to Learn or to Perfect • By Appointment
For 1: \$150 • For 2: \$250 • Group 3-6: \$100 Each
Corporate Yoga & Stress Management
At Your Location • \$100/h or \$950/10 weeks
Room Rentals
Studios \$40/h \$250/d • Therapy Rooms \$25/h \$125/d