



Yoga Classes



Private Yoga Consultancy\*



Seminars



Special Events



Québec  
Entrepreneurship  
Contest

Young Entrepreneur of the Year  
2007 Winner - BODHI



Recognizing Business Excellence

Young Entrepreneur of the Year  
2007 Winner - BODHI

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Horaire **	Lun / Mon	Mar / Tue	Mec / Wed	Jeu / Thur	Ven / Fri	Sam / Sat	Dim / Sun
Peace Train Yoga 7am (60 min)			Bhaskar (Morning Series)				
			Rosanne Yoga by the Lake				
Beautiful Day Yoga 9:30am (90 min)			Anna (Prenatal Yoga)		Bhaskar (Open)	Rosanne (Open)	
Welcome Back Yoga (90 min)	Anna (Yoga 1) <b>4pm</b>	Shauna (Therapy Yoga) <b>6pm</b>			Shauna (Dharma / Meditation) <b>6pm</b>	Special Events	Special Events
		Rosanne Yoga by the Lake <b>6:30pm</b>					
My Yoga Space (90 min)	Sophie (Yoga 1) <b>7:00pm</b>	Bhaskar (Open) <b>7:45pm</b>	Rosanne (Open) <b>6:30pm</b>	Bhaskar (Yoga 1) <b>7:00pm</b>			

\*\* L'horaire et les professeurs peuvent varier, aucun remboursement / Schedule and teachers may vary, no refund

**Yoga 1** : Débutant (introduction à la pratique du yoga) / **Beginners** (introduction to yoga practice)

**Open** : Tous niveaux / **All levels**

**Morning Series** : Dynamisant, idéal pour débuter la journée / **Invigorating**, ideal way to start the day

**Yoga by the Lake** : **Location** - Pointe-Claire pier, south on Cartier off Highway 20, left on Lakeshore Road

- 10 classes pour 135\$, **1e classe gratuite** / 10 classes for \$135, **1st class free**
- 3 mois illimité pour 150\$ / 3 months unlimited yoga for \$150
- **Tarifs de groupe (5+) 10% de rabais / 10% group (5+) discount**
- Tapis de yoga disponibles, 28\$ / Yoga mats available for \$28

**Taxes incluses /  
All prices are tax included**

Veuillez porter des vêtements confortables, éviter de manger 2h avant, arriver quelques minutes d'avance et apprécier!  
Please wear loose, comfortable clothing, avoid meals 2 hours before class, arrive a few minutes early and enjoy!

\* **Naturopathy insurance receipt available; \$60 + tax for 1 hour session. To book your appointment, please call 514 944 5346**