



YOGA TREE RICHMOND HILL / MARCH SCHEDULE

	M	T	W	Th	Fri	Sat	Sun
9:30am	R. Heat L1 75m (Jen)	R. Heat L1-2 75m (Ganna)	R. Heat Yin Yoga 75m (Bonnie)	R. Heat L1-2 75m (Jen)	9:45am Hatha Therapeutics 75m (Alexa)	8:15am R. Heat Ashtanga 75m (David) 🎵	8:15am R. Heat L2 75m (Jason)
9:45am	Yin Yoga 75m (Michelle)	Hatha L1 75m (Michelle)	Hatha Flow L1-2 75m (Jen)	Hatha L1 75m (Michelle)	Hatha Flow L1-2 75m (Karin)	9:00am Hatha Flow L1-2 75m (Ganna)	8:30am Iyengar 90m (Tom/Anne Marie)
12:15pm		Core Yoga L1-2 60m (Matt)	11:00am Self-Practice for Members 120m	Yin Yoga 60m (Michelle)	11:00am Self-Practice for Members 120m	10:00am R. Heat L2 🎵 75m (David)	10:00am Hot Yoga L1-2 75m (Jason)
12:30pm	R. Heat L1-2 60m (Lara)	R. Heat L2 60m (Karin)	R. Heat L1-2 60m (Matt)	R. Heat L1-2 60m (Jaye)	R. Heat L2 🎵 60m (David)	10:30am Flow & Let Go 75m (Gana)	10:15am Beginner's Iyengar 90m (Tom/Anne Marie)
	12:30pm Self-Practice for Members 60m					12:00pm R. Heat L1-2 60m (Kyle)	12:00pm Detox R. Heat L1 60m (Kyle)
4:45pm	R. Heat L1-2 60m (Keith)	R. Heat L1 60m (Henry)	R. Heat L1-2 60m (Keith)	R. Heat L1-2 60m (Kyle)	Detox Hot Yoga L1-2 60m (Kyle)		2:00pm R. Heat L1 60m (Ramona)
5:45pm	Hatha Flow L1-2 75m (Alexa)	Yin Yoga 75m (Michelle)	Hatha Flow L1-2 75m (Christina)	Restorative 75m (Rana)	#TGIF Retro Flow 60m (Matt) 🎵	2:00pm Yin Yoga 75m (Bonnie)	3:00pm Restorative 75m (Anne-Marie O)
6:30pm	R. Heat L2 75m (Lara)	R. Heat L1-2 75m (Rana)	R. Heat L2-3 75m (Jason)	R. Heat L2 75m (Kyle)	6:00pm ECONOMY R. Heat L1-2 60m (Kyle)	3:30pm R. Heat L1-2 75m (Bonnie)	3:15pm R. Heat L1-2 60m (Ramona)
7:15pm	Beginner's Yoga 60m (Alexa)	Core Yoga L1-2 60m (Kyle)	Beginner's Yoga 60m (Christina)	Hatha Flow L1-2 60m (Rana)			4:30pm \$10 Drop-In Meditation for Love & Compassion 30m (Anne-Marie O)
8:00pm	Hot Yoga L1-2 60m (Lara)	R. Heat L1-2 75m (Rana)	Hot Yoga L1-2 75m (Jason)	R. Heat L1-2 75m (Parry)		*Economy classes included with all packages.	8:00pm ECONOMY R. Heat L1-2 [\$10] 60m (Mabel)
8:45pm	8:30pm \$10 Drop-In Introduction to Meditation 30m (Alexa)	Gentle Hatha 60m (Kyle)	8:30pm \$10 Drop-In Release & Rest Meditation 30m (Christina)				
9:30pm	R. Heat L1 60m (Debbi)	R. Heat L1 60m (Debbi)	Hot Yoga L1 60m (Lara)	Hot Yoga L1-2 60m (Parry)			

🎵 = Class set to music with lyrics



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CLASS DESCRIPTIONS

For more information on our studio, classes, and instructors please visit our website:

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Hot Yoga. Conducted at 38 degrees celsius, our hot yoga systematically works the entire body promoting detoxification and allowing a deeper stretch into the muscle tissues, ligaments, and tendons. Remember to bring a bottle of water and towel to place on the mat.

Reduced Heat (R. Heat). Similar to hot yoga, the temperature is set 10 degrees less at 28 celsius. Can be used to prepare for Hot Yoga classes if you are timid to the heat, a beginner to yoga, or have any heart conditions. Remember to bring a bottle of water and towel to place on the mat.

Ashtanga. Ashtanga yoga focuses on developing strength and endurance. Level 1 or Ashtanga prep classes are suggested in preparation for a full set of yoga postures. Students move quickly from one pose to another in an effort to build core strength and flexibility.

Restorative. This is a gentle, therapeutic style of yoga that uses props to support the body, deepening the benefits of the poses. It is a soothing and nurturing practice that promotes the effects of conscious relaxation.

Core Yoga. The core is essentially the center of the body. It is a crucial structure and point of energy that provides support, proper posture and physical movement. Core Yoga will help you develop strength, awareness, stability, flexibility and control through a fluid and safe practice.

Hatha Flow. In Hatha Flow yoga, students will move in a continuous flow from one posture to the next, combining your breath with movement. Students should be familiar with basic yoga poses, and will leave class feeling energized and rejuvenated.

Iyengar. This style is characterized by the use of straps, blocks, and the Iyengar rope wall to aid in understanding the alignment of the posture. Practicing Iyengar yoga will provide basic fundamental knowledge of the classic yoga poses. Remember to bring a towel.

Detox Yoga. Bring yourself back into balance as we flow through a invigorating vinyasa class specifically designed to detoxify you- body, mind and soul. Be prepared for an intense practice and come fully hydrated. You will leave this class feeling cleansed and refreshed.



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* Packages may be used at all studios unless stated otherwise. Prices are subject to change without notice. 13% HST applicable to all packages. Packages will expire 1 year after activation. Clients may choose to reactivate their class card for one additional year for just \$50. Only one extension per class card package. The date of reactivation will begin either once the class card expires (if the class card is still active) or upon processing on MindBody (if the class card is already expired). All packages are non-transferable and non-refundable. Students/Seniors over 65 (with valid ID) receive 10% discount.

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