



2014 Fall Schedule v03

YOGA. WELLNESS. COMMUNITY.
Om West is a thriving yoga, massage and wellness centre, established in the West Island for 2 decades with the vision of seeing individuals reach their highest potential by honoring community, spirituality and culture. Under the direction of Antoine and

Pamela, coming from a traditional yoga lineage, Om West provides students with an authentic and complete experience of yoga from entry level classes to teacher training programs. Whether you are looking for a great workout, or whether you want to learn the more spiritual aspects of **yoga** and **meditation**, our outstanding hand-picked team of experienced teachers are ready to work with you. Our **massage**, **osteopathy**, and **wellness** services are offered by outstanding registered, and uniquely gifted therapists. Call us at **514.505.1888**, we will be glad to help you get started in the direction you have an interest for.

Sep-01 to Dec-21, 2014 **For All Levels** | **More Challenging** | **Daily classes: Drop-In** | **Weekly Courses: Drop-In or Registration** | **Workshops: By Registration**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:30-10:45 Yin Yoga Marie	9:30-10:00 Meditation Free Self Practice	6:30-7:45 Flow Yoga Vinyasa Marta		9:30-10:00 Meditation Free Antoine&Pamela	10:00-11:30 Ashtanga Yoga Flow Carole
9:30-10:45 Gentle Yoga Hatha Pamela	11:00-12:15 Seniors' Chair Yoga Drop-Ins Welcome*	10:00-11:15 Power Yoga Flow Diana	9:30-10:45 Flow Yoga Vinyasa Marie	9:30-10:45 Gentle Yoga Hatha Pamela	10:00-11:30 Power Yoga Flow Antoine	11:45-13:15 YOGA-1 YOGA-2 Learning Yoga
11:00-12:15 Mom & Baby Yoga Drop-Ins Welcome*	16:45-18:00 Kids Yoga (8-11 Yrs) Drop-Ins Welcome*	Wellness: Massage, Osteo, Acupuncture Privates: Yoga, Breathing, Meditation 7 Days per Week from 8:00am to 10:00pm Same day appointments available		10:00-11:15 Seniors' Chair Yoga Drop-Ins Welcome*	11:45-13:00 Gentle Yoga Hatha Pamela	13:30-15:00 Surprise Yoga! Various Teachers
17:45-18:15 Meditation Free Self Practice	16:45-18:00 Hatha Yoga Véronique			16:45-18:00 ^{New Time} Restorative Yoga Relaxation Renée	11:45-13:00 Prenatal Yoga Hatha Pamela	15:15-16:45 Teen Yoga (13-16 Yr) Drop-Ins Welcome*
18:15-19:40 Flow Yoga Ashtanga Michelle	18:15-19:40 Yin Yoga Slow Véronique	18:15-19:40 Ashtanga Yoga Flow Rhonda	17:45-19:00 ^{New Time} Hatha Yoga Alignment Patricia	17:45-19:00 ^{New Time} Flow Yoga Vinyasa Carole		17:00-18:30 Sudarshan Kriya Art of Living
19:45-21:15 Hatha Yoga Sivananda Far&Mir	19:45-21:15 Tai Chi & QiGong Yang Style Omid	19:00-20:30 Gentle Yoga Slow Flow Renée	19:30-21:00 ±15 ^{min} Nāda Yoga: Union Through Sound	Oct-4 to Apr-26 200h Yoga Teacher Training	Art of Happiness Breathing Techniques & Mindfulness Oct-30 to Nov-02 Thu-Fri: 18:30-21:45 Sat-Sun: 10:00-16:45	Art of Meditation Learn to Meditate with a Mantra Sep 26-28 Dec-12-14 Fri: 19:00-21:30 Sat-Sun: 14:00-16:30
19:45-21:15 YOGA-1 YOGA-2 Learning Yoga	19:00-20:30 Kundalini Yoga Drop-Ins Welcome*	19:45-21:15 YOGA-1 YOGA-2 Learning Yoga	Per Session: \$20 Tax in Fall Session: \$180 Tax in	Traditional Hatha & Vinyasa Flow		

Price List All Prices are Subject to GST & PST except for Massage and Wellness

Visit our [facebook.com/omwest](https://www.facebook.com/omwest) page, we think you'll LIKE it!

Massage & Wellness Services		Drop-In Classes		Weekly Courses					
Massages	60 min	<ul style="list-style-type: none"> • = Included with Below \$60 Annual Membership: \$68/60min \$98/90min Pass of 5: 60m: \$375 90m: \$525 Pass of 10: 60m: \$700 90m: \$1,000 Yoga-Massage Combo: \$140^{+Tax}/mo Ongoing with 6 months min Includes: Unlimited Yoga + 60min Monthly Treatment 	Class Passes (No Expiry Date)		+Drop-In Welcome: \$18 ⁷⁰ *YOGA-2: Add \$100 for 10 Classes				
• Couple's Massage+	\$80		1 class	\$16 ⁵⁰ /class	\$16 ⁵⁰	Course	Start Date	Wks	Cost
• Deep Tissue+	\$80		10 classes	\$14 ⁰⁰ /class	\$140	YOGA-1 (Mon 19:45)	Aug-25	6	\$90
• Esalen®+	\$80		20 classes	\$12 ⁵⁰ /class	\$250	YOGA-1 (Wed 19:45)	Sep-24	6	\$90
• Head&Foot Massage+	\$80		30 classes	\$11 ⁶⁷ /class	\$350	YOGA-1 (Sun 11:45)	Oct-26	6	\$90
• Prenatal Massage	\$80		Course Drop-In		\$18 ⁷⁰	YOGA-1 (Mon 19:45)	Nov-17	6	\$90
• Therapeutic Massage+	\$80		Unlimited Passes			YOGA-2 (Sun 11:45)	Sep-07	6	\$90 \$190*
• Californian Relax+	\$80		1 Week		\$35	YOGA-2 (Mon 19:45)	Oct-06	6	\$90 \$190*
• Aromatic Massage+	\$80		1 Month		\$120	YOGA-2 (Wed 19:45)	Nov-05	6	\$90 \$190*
• Japanese Shiatsu+	\$80		3 Months		\$300				
• Swedish Fusion+	\$80	Ongoing Monthly (Min 6 mo)		\$90					
• Thai Yoga Massage+	\$80	Nāda Yoga: Union Through Sound			+Mom-Baby Yoga Sep-22 12 \$168 +Kids Yoga (8-11 Yr) Sep-23 12 \$138 +Teen Yoga (12-15 Yr) Sep-21 12 \$138 +Kundalini Yoga Sep-16 12 \$168 +Chair Yoga: Seniors Sep-09&12 12 \$168 +Chair Yoga: Seniors Dec-02 6 30 \$90 \$390				
Hot Stone Massage+	\$90	Sep-04	Satsang: Om Night! (Om)		Workshops				
Wellness	60 min	Sep-11	Tibetan Bowls (Sarah)		Offered Internationally by the Art of Living Foundation				
• Acupressure+Polarity	\$80	Sep-18	Kirtan (Lea Longo)		Art of Happiness	Oct-30 to Nov-02		\$250	
• Facial	\$80	Sep-25	Sitar&Tabla (Krucis Khan)		Art of Meditation	Sep 26-28 Dec 12-14		\$150	
• Lymphatic Drainage	\$80	Oct-02	Crystal Bowls (Nancy)		Special Events				
• Private Yoga+	\$80	Oct-09	Kirtan (Karen St-Laurent)		Yoga Teacher Training	Oct-04 to Apr-26		200 h	
• Reflexology	\$80	Oct-16	Tibetan Bowls (Sarah)		QiGong Teacher Train.	Starts Nov-20		200h	
• Reiki & Energy Work	\$80	Oct-23	Satsang: Shiva Night! (Om)		Candlelight Yin	Oct-19 19:00 (RSVP)		\$21 ⁷⁴	
• Tibetan Bowls	\$80	Oct-30	No Class		Headstand Workshop	Nov-02 19:00 (RSVP)		\$21 ⁷⁴	
Osteopathy	\$85	Nov-06	Kirtan (Sundara)		Yoga & Energy Flow	Nov-30 19:00 (RSVP)		\$21 ⁷⁴	
Ayurvedic Consultation	\$95	Nov-13	Crystal Bowls (Nancy)						
Taxes included		Nov-20	Kirtan (Jaya Sangha)						
+ Upgradable to 75 min for \$15		Nov-27	Satsang (Art of Living)						
+ Upgradable to 90 min for \$30		Dec-04	Kirtan (Sundara)						
		Dec-11	Rudram Puja+Meditation						
		Dec-18	Kirtan (Lea Longo)						

Massage & Wellness <ul style="list-style-type: none"> • 100% Natural Oils • Daily 8am to 10pm • Insurance Receipts Provided • Team of Certified Therapists Massage Osteopathy Acupuncture Ayurveda Facials	Drop-In Classes <ul style="list-style-type: none"> • Daily Classes • 20 Different Styles • Outstanding Teachers • No Reservations Required Private, Group or Corporate Classes Available	Learning Yoga <ul style="list-style-type: none"> YOGA-1: Learning the Basics YOGA-2: Learning to Flow YOGA-3: Going Inwards YOGA-4: Fine Tuning 6-Week Courses Learn Safely and Progressively	Breath & Meditation <ul style="list-style-type: none"> Art of Happiness: Breathing Techniques, Mindfulness Art of Meditation: Learn to Meditate with a Mantra Offered in 152 countries by the Art of Living Foundation	Community Events <ul style="list-style-type: none"> • Chant Circles, Sound Healing • Family & Community Fun • Music, Movies, Games, Food... • Guest Speakers & Conferences Discover Our Famous Kirtans & Free Weekly Meditations
--	--	---	--	--