



2015 Summer Schedule v04

YOGA. MASSAGE. COMMUNITY.

Om West is a thriving yoga, massage and wellness centre, established in the West Island for two decades with the vision of seeing individuals reach their highest potential by promoting healthy living, community and culture. Under the direction of Antoine and Pamela, established in 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 to simply unwind our hand-picked team of teachers are ready to work with you. Our **massage** and **wellness** services are offered by registered therapists dedicated to help you reach your health objectives. Call us at **514.505.1888**, we will be glad to help you get started in the directions you have an interest for.

Jun-01 to Aug-31, 2015

Level: **Gentle** | **Regular** | **Challenging**

Drop-Ins **Courses** **Workshops** **Community**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30-10:45 Gentle Yoga Hatha Pamela	9:30-10:45 Yin Yoga Linda	9:30-11:00 Padma Sadhana Yoga Antoine	6:30-7:45 Early Bird Yoga Flow Marta	9:30-10:45 Gentle Yoga Hatha Pamela	9:30-10:00 Meditation Free Antoine & Pam	10:00-11:30 Ashtanga Yoga Flow Carole
11:30-12:45 Mom-Baby Yoga 0-12 months Nellie	10:00-12:15 Chair Yoga	10:30-11:45 Hatha Yoga Valerie	9:30-10:45 Flow Yoga Vinyasa Linda	10:00-11:15 Chair Yoga	10:00-11:30 Flow Yoga Antoine	11:45-13:15 YOGA-1 YOGA-2 Learning Yoga
Wellness Services & Private Yoga Classes Massage. Osteopathy. Acupuncture. Ayurveda. Reflexology. Every Day 8:00am to 11:00pm. Same day appointments possible.					11:45-13:00 Gentle Yoga & Prenatal Yoga Hatha Pamela	16:45-18:00 \$5 Yoga New! Teachers in Training
18:15-19:35 Rudram Meditation Pamela	18:15-19:30 Kids Yoga Ages 8-11 Nellie	16:45-18:00 \$5 Yoga New! Teachers in Training	18:15-19:35 Teen Yoga Ages 12-15 Michelle	18:15-19:30 Hatha Yoga Tracy	Indicates classes that could be held outdoors if weather permits. Meeting is always at the Centre.	17:00-18:15 Sudarshan Kriya \$5 Art of Living
18:15-19:35 Flow Yoga Ashtanga Michelle	18:15-19:30 Flow Yoga Vinyasa Julie	18:15-19:40 Ashtanga Yoga Flow Rhonda	18:15-19:35 Hatha Yoga Alexandra	20:30-22:00 New! Friday Night Yoga Hatha Emilie (Avani)		19:00 (By RSVP) Yin to Live Music July 19
19:45-21:15 Hatha Yoga Pamela & Mirabai	19:45-21:15 Kundalini Yoga Marisa	19:00-20:30 Gentle Yoga Slow Flow Renée	Art of Living's Happiness Program Goodbye stressed, tired, anxious. Hello energized, mindful, alive... and happy! Jul 9-12 Sep 24-27 (Thu-Fri: 18:30-21:45 Sat-Sun 10:00-16:45)			
19:45-21:15 YOGA-1 Learning Yoga	19:45-21:15 Tai Chi & QiGong Yang Style Omid	19:45-21:15 YOGA-3 Learning Yoga	19:45-21:15 YOGA-2 Learning Yoga	Art of Meditation Learn an authentic meditation practice with a Mantra Aug 07-09 Oct 2-4 (Fri: 19:00-21:30 Sat-Sun: 14:00-16:30)		

Price List All Prices are Subject to GST & PST

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Massage & Wellness		Drop-In Yoga			Weekly Courses					
Massages	60min	---[1]---	Class Passes: No Expiry Dates			Course Drop-In: \$20 *Add \$100 for 10 Drop-In Classes				
• Californian Relax+x	\$70	Annual Pass:	1 class	\$16 ⁵⁰ /class	\$16 ⁵⁰	First Time? FREE with Pass Purchase	Course	Start Date	Wks	Cost
• Deep Flow+ New!	\$70	\$60	10 classes	\$14 ⁰⁰ /class	\$140		YOGA-1 (Sun 11:45)	Jun-14	8	\$115
• Deep Tissue+	\$70	Each Massage:	25 classes	\$12 ⁰⁰ /class	\$300		YOGA-1 (Mon 19:45)	Aug-03	8	\$115
• Esalen Holistic+x	\$70	Save \$12	Unlimited Membership:			Ages 24 & Under: 10% Off All Passes	YOGA-1 (Thu 19:45)	Sep-10	8	\$115
• Hawaiian Lomi Lomi +x	\$70	---[2]---	1 Week	\$35/week	\$35		YOGA-2* (Sun 11:45)	Aug-09	8	\$115
• Swedish Fusion+x	\$70	3 in 3:	4 Weeks	\$30/week	\$120		YOGA-2* (Mon 19:45)	Sep-28	8	\$115
• Therapeutic+	\$70	\$195	12 Weeks	\$25/week	\$300		YOGA-2* (Thu 19:45)	Jul-16	8	\$115
• Prenatal	\$75	3 massages in 3 months (\$285 for 90m)	12 Weeks + 3 Private Classes	\$450		YOGA-3* (Wed 19:45)	Sep-09	8	\$115	
• Japanese Shiatsu+	\$75	---[3]---	Unlimited Yoga for \$20 per Week			Community Events (By RSVP)	Mom-Baby Yoga	Jul-06		
• Thai Yoga Massage+	\$75	Yoga-Massage Combo:	Minimum: 12 weeks				0-12 mo (Mon 11:30)	Sep-14	8	\$115
Hot Stone Massage+	\$80	\$450	First 12 weeks: \$300				Kids Yoga	Jul-07		
Couple's Massage+x	↑(x2)	12 Weeks of Unlimited Yoga and 3 massages	Then: Ongoing payments of \$40 every 2 weeks			8-11 Yr (Tue 18:15)	Sep-08	8	\$115	
Wellness	60min		Summer Special: \$299			Teen Yoga	Jul-16			
• Facial (Ayurvedic)	\$75		Starts Jun-01. Ends Aug-31. Includes 13 weeks of unlimited yoga plus 1 massage (Retail Value: \$405)			12-15 Yr (Thu 18:15)	Sep-10	8	\$115	
• Marma (Ayurveda)	\$75		Community Events (By RSVP)			Chair Yoga	Aug-11	4(1x)	\$65	
• Reflexology	\$75		10 for 10 Challenge			Tue 11:00 & Fri 10:00	Aug-14	4(x2)	\$115	
• Reiki & Energy Work	\$75		Take 10 drop-in classes in June and receive an unlimited 10-day membership July 1 to 10.			Breath, Mindfulness & Meditation				
• Lymphatic Drainage	\$75		Yoga for a Cause: Wed Jun 24 10:00			Workshops by the Art of Living with Antoine & Pamela				
Chinese TuiNa (75 min)	\$85		Antoine's Birthday Class by Donation to: Care for Children			Happiness Program	Jul 9-12 Sep-24-27		\$250	
Osteopathy (No Tax)	\$85		Kids Yoga Camp			Art of Meditation	Aug 7-9 Oct 2-4		\$150	
Private Yoga Classes	60min		Ages 8-12			Art of Silence	Jun 19-22			
• Private Class+	\$75		Jul 6-10			Trainings & Retreats				
Group Class+: Families, Birthdays, Showers...	\$75+ \$5/pers		1:00-4:30pm			Massage Training	Thu-Fri (400h)			
Time Upgrade: +			Jul 19			Sep 2015 to Jun 2016	6:15pm-9:45pm			
75min + \$15			7:00-8:30pm			Yoga Teacher Training	14 Weekends(200h)			
90min + \$30			Dep: Aug-15 8am			Oct 2015 to Apr 2016	Sat-Sun: 8:00-16:30			
Shankara Oil Upgrade: x			Ret: Aug-16 4pm			Costa Rica Retreat	Yoga-Nature-Surf w/Antoine&Pamela			
+\$10			\$115							

There's No Place Like Om!