



SCHEDULE Sep-Dec 2015 vo1

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, 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 **osteopathy** 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.

Monday	Tuesday	Wednesday	Thursday	Friday	Format: Drop-In Course Workshop Community
9:30-10:45 Gentle Yoga Hatha Pamela	9:30-10:45 Yin Yoga Marie M.	9:30-11:00 Antoine Hatha Yoga Padma Sadhana	6:30-7:45 Early Bird Yoga Flow Marta	9:30-10:45 Gentle Yoga Hatha Pamela	Level: Gentle Regular Challenging Visit our Facebook page, we think you'll Like it!
9:45-11:00 Flow Yoga Vinyasa Linda	9:45-10:45 Body Art Cardio Yoga Vanessa		9:30-10:45 Flow Yoga Vinyasa Marie M.	9:45-10:45 Pilates Vanessa	Saturday 10:00-11:30 Flow Yoga Jivamukti Kathya
Always Check Live Schedule for Updates at OmWest.com	11:00-12:15 Chair Yoga Tracy	11:15-12:30 Mom-Baby Yoga 0-12 months Nellie	11:00-12:30 Restorative Yoga Relax Renée	11:00-12:15 Chair Yoga Renée	11:45-13:00 Gentle & Prenatal Hatha Pamela
Massage Osteopathy Shiatsu Facials Ayurveda Reflexology Acupressure: Daily 8am to 11pm with 15 registered therapists. Insurance receipts.					
18:15-19:35 YOGA-1 YOGA-2 Learning Yoga	18:15-19:30 Kids Yoga Ages 8-11 Nellie		16:45-18:00 Kids Yoga Ages 8-11 Nellie	17:30-18:00 Community Meditation Free Antoine & Pam	Yoga Teacher Training 14 Weekends 200h from Oct to Apr
18:15-19:35 Flow Yoga Ashtanga Michelle	18:15-19:30 Stanley Partner Yoga No Partner Required!	18:15-19:40 Ashtanga Yoga Flow Rhonda	18:15-19:30 Flow Yoga Vinyasa Marie B.	18:15-19:30 Power Yoga Flow Antoine	Happiness Program Breath. Mindfulness. Sep 24-27 Nov 26-29 Thu-Fri: 6:30pm-9:45pm Sat-Sun: 10am-4:45pm
Private Classes in Yoga, Meditation, Stress Management: Daily by appointment for individuals, families or groups					
19:45-21:15 YOGA-1 YOGA-2 Learning Yoga	19:45-21:15 Tai Chi & Qigong Yang Style Omid	19:45-21:15 YOGA-1 YOGA-2 Learning Yoga	18:15-19:30 Teen Yoga Ages 12-15 Michelle	20:00 by RSVP Community Events Yoga to Live Music, Workshops, Kirtans... See Community tab at OmWest.com	Art of Meditation Learn to Meditate Oct 30-01 Dec 28-30 Oct 30: 7:30pm-9:30pm Other Days: 2:30-5:00pm
20:00-21:15 Yin Yoga Linda	19:45-21:15 Kundalini Yoga Marisa	19:00-20:30 Gentle Yoga Slow Flow Renée	19:45-21:15 Hatha Yoga Sivananda Mirabai		13:30-15:00 YOGA-1 Y-2 Y-3 Learning Yoga
					15:15-16:45 Pamela Yoga Knowledge Ashtavakra Gita
					17:00-18:15 Community Yoga \$5 Various teachers
					17:00-18:15 Sudarshan Kriya \$5 Art of Living
					OmWest.com

YOGA			MASSAGE			COMMUNITY			
Drop-In Classes			Massage & Bodywork			The Art of Living			
Classes: No Expiry Date			Daily 8am-11pm 15 Therapists Insurance Receipts			Breath, Mindfulness & Meditation Workshops			
1 Class	\$16.50/class	\$16.50	Oil Massages	60m	90m	Promos	Happiness Program Adults	Sep 24-27 Nov 26-29	\$250
10 Classes	\$14.00/class	\$140	Californian Relax	\$70	\$100	Promo 1: 3 in 3 3 massages in 3 months \$195 [60m] \$285 [90m]	Happiness Program Teens	Oct 1-4 (YES!)	\$170
25 Classes	\$12.00/class	\$300	Deep Tissue	\$70	\$100		Art of Meditation	Oct 30-01 Dec 28-30	\$150
Unlimited Classes:			Hawaiian Lomi Lomi	\$70	\$100	Promo 2: Annual Pass \$60/Year Save: \$12/Service	Events, Trainings & Retreats ^{RSVP}		
1 Week	\$30	Ages 24 & Under: 10% Off All Drop-In Passes	Esalen Holistic	\$70	\$100		See Community tab at omwest.com for details		
Ongoing	\$20/Week		Hot Stone Massage	-	\$120	Trainings	Oct 2015 to Apr 2016		
First 12 Weeks: \$250 Then \$40/2 weeks, cancel anytime.			Prenatal Massage	\$75	-	Yoga Teacher Training	Yoga Alliance Certified 200h over 14 weekends		
8-Week Courses			Swedish Fusion	\$70	\$100	Retreats	Apr 9-16, 2016		
Learning Yoga: 8-weeks \$115 or \$20 Drop-In			Therapeutic	\$70	\$100	Costa Rica Retreat	Yoga, Nature, Adventure, Anamaya Resort Surf, Organic Cuisine...		
YOGA-1	8-Week Start Dates	Promo: YOGA-2 + 10 Drop-In Classes For \$215 Save \$40	Couple's Massage	↑ x2	↑ x2	Concerts	Fridays 8:00pm		
8 Mondays	Oct-5 ^{6:15} Nov-23 ^{7:45}		Shankara Oil Upgrade	+ \$15	+ \$15	Kirtan!	Jaya Sangha		
8 Weds ^{7:45pm}	Sep-9		Energy Work	60m	90m	Yin Yoga to Live Music	Véronique & Krucis		
8 Sundays ^{1:30pm}	Nov-1		Japanese Shiatsu	\$75	\$105	Crystal Bowl Concert	Nancy Fuoco		
YOGA-2	8-Week Start Dates	Insurance Receipts Available: -Massage -Osteopathy -Natuerotherapy	Marma Acupressure	\$75	-	All concerts & dates: omwest.com - Community tab			
8 Mondays ^{7:45pm}	Sep-28		Marma Chikitsa ^{3-Days}	\$195	-	Workshops	Fridays 8:00pm		
8 Wed ^{7:45pm}	Nov-4		Polarity & Reiki	\$75	-	Back to Basics Yoga	Linda		
8 Mondays ^{6:15pm}	Nov-30		Reflexology	\$75	-	Eye Yoga Workshop	Pamela		
YOGA-3 ^{8 Sun 1:30pm}	Sep-06	Osteo & Bodywork	60m	90m	Headstand Workshop	Mirabai			
Specialty Courses: 8-weeks \$115 or \$20 Drop-In			Osteopathy ^{No Tax}	\$85	-	Introduction to Sanskrit	Mirabai		
Kids Yoga Ages 8-11	Tue Sep-08 & Nov-3	x1: \$115	Thai Yoga Massage	\$75	\$105	Patanjali's Yoga Sutras	Antoine		
Kids Yoga Ages 8-11	Thu Sep-03 & Oct-29	x2: \$215	Private Yoga Classes	\$75	\$105	Vegan Cooking Class	Pamela		
Teen Yoga Ages 12-15	Thu Sep-03 & Oct-29	\$115	Per Extra Person	\$5	\$5	... and many more!			
Teen Yoga + Teen Happiness Program ^{Oct 1-4}		\$265	Wellness	60m	90m				
Mom-Baby Yoga	Sep-09 & Nov-04	\$115	Ayurvedic Facial	\$85	-				
Yoga Knowledge	11 weeks: Sep-20	\$115	Lymphatic Drainage	\$75	-				
Chair Yoga ^{Tuesday}	Sep-08 & Nov-3	x1: \$115							
Chair Yoga ^{Friday}	Sep-11 & Nov-6	x2: \$215							
All workshops & dates: omwest.com - Community tab									

THERE'S NO PLACE LIKE OM!