



## SCHEDULE Sep-Dec 2015 v02

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

YOGA				MASSAGE				COMMUNITY			
Drop-In Classes				Massage & Bodywork				The Art of Living			
Classes: No Expiry Date			First Time? FREE with Pass Purchase	Daily 8am-11pm   15 Therapists   Insurance Receipts			Breath, Mindfulness & Meditation Workshops				
1 Class	\$16. <sup>50</sup> /class	\$16. <sup>50</sup>		Oil Massages	60m	90m	Promos	Happiness Program <sup>Adults</sup>	Sep 24-27 Nov-26-29	\$250	
10 Classes	\$14. <sup>00</sup> /class	\$140		Californian Relax	\$70	\$100	Promo 1: 3 in 3 3 massages in 3 months \$195 [60m] \$285 [90m]	Happiness Program <sup>Teens</sup>	Oct 1-4 (YES!)	\$170	
25 Classes	\$12. <sup>00</sup> /class	\$300		Deep Tissue	\$70	\$100		Art of Meditation	Oct 30-01 Dec 28-30	\$150	
Unlimited Classes:			Ages 24 & Under: 10% Off All Drop-In Passes	Esalen Holistic	\$70	\$100		Events, Trainings & Retreats <sup>RSVP</sup>			
1 Week	\$30			Hawaiian Lomi Lomi	\$70	\$100		See Community tab at <a href="http://omwest.com">omwest.com</a> 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			
				Swedish Fusion	\$70	\$100	Retreats	Apr 9-16, 2016			
8-Week Courses				Therapeutic	\$70	\$100	Promo 2: Annual Pass \$60/Year Save: \$12/Service  Promos Valid for all \$70 & \$75 services  Insurance Receipts Available: -Massage -Osteopathy -Naturopathy	Costa Rica Retreat	Yoga, Nature, Adventure, Surf, Organic Cuisine...		
Learning Yoga: 8-weeks \$115 or \$20 Drop-In								Anamaya Resort			
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 <sup>6:15</sup>   Nov-23 <sup>7:45</sup>			Shankara Oil Upgrade	+ \$15	+ \$15		Kirtan!	Jaya Sangha – Nov-20		
8 Weds <sup>7:45pm</sup>	Sep-9			Energy Work	60m	90m		Yin Yoga to Live Music	Véronique & Krucis		
8 Sundays <sup>1:30pm</sup>	Nov-1			Japanese Shiatsu	\$75	\$105		Crystal Bowl Concert	Nancy Fuoco		
YOGA-2	8-Week Start Dates			Marma Acupressure	\$75	-		All concerts & dates: <a href="http://omwest.com">omwest.com</a> - Community tab			
8 Mondays <sup>7:45pm</sup>	Sep-28		Marma Chikitsa <sup>3-Days</sup>	\$195	-	Workshops		Fridays 8:00pm			
8 Wed <sup>7:45pm</sup>	Nov-4		Polarity & Reiki	\$75	-	Back to Basics Yoga		Linda – Sep-18			
8 Mondays <sup>6:15pm</sup>	Nov-30		Reflexology	\$75	-	Eye Yoga Workshop		Pamela			
YOGA-3 <sup>8 Sun 1:30pm</sup>	Sep-06		Osteo & Bodywork	60m	90m	Headstand Workshop	Mirabai				
Speciality Courses: 8-weeks \$115 or \$20 Drop-In				Osteopathy <sup>No Tax</sup>	\$85	-	Introduction to Sanskrit	Mirabai			
Kids Yoga <sup>Ages 8-11</sup>	Tue Sep-08 & Nov-3		x1: \$115	Thai Yoga Massage	\$75	\$105	Patanjali's Yoga Sutras	Antoine			
Kids Yoga <sup>Ages 8-11</sup>	Thu Sep-03 & Oct-29		x2: \$215	Private Yoga Classes	\$75	\$105	Vegan Cooking Class	Pamela			
Teen Yoga <sup>Ages 12-15</sup>	Thu Sep-03 & Oct-29		\$115	Per Extra Person	\$5	\$5	... and many more!				
Teen Yoga + Teen Happiness Program <sup>Oct 1-4</sup>			\$265	Wellness	60m	90m					
Mom-Baby Yoga	Sep-07 & Nov-02		\$115	Ayurvedic Facial	\$85	-	All workshops & dates: <a href="http://omwest.com">omwest.com</a> - Community tab				
Yoga Knowledge	11 weeks: Sep-20		\$115	Lymphatic Drainage	\$75	-					
Chair Yoga <sup>Tuesday</sup>	Sep-08 & Nov-3		x1: \$115								
Chair Yoga <sup>Friday</sup>	Sep-11 & Nov-6		x2: \$215								

THERE'S NO PLACE LIKE OM!

46 Sainte-Anne Ave., Pointe-Claire, QC | ☎ 514.505.1888 | ✉ info@omwest.com | 🌐 www.omwest.com