



CENTRE HOLISTIQUE OM WEST

46-ST ANNE STREET, SUITE 3, POINTE CLAIRE VILLAGE



FALL SCHEDULE (as of Sept 13, 2009)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15-10:45 Gentle Yoga Debra Studio 2	9:00-10:30 Hatha Yoga I Rhona Studio 2	9:15-10:45 Gentle Yoga Debra Studio 2	9:30 - 10:45 Pilates Diane Studio 2	*9:30-11:00 Core Vinyasa Yoga for all Yasmin Studio 2	*9:30-11:45 Energy Flow Yoga Tara Studio 2
<i>Private classes</i>	*9:00-10:30 Power Yoga Penka Studio 1	*9:30 - 11:00 Deep Tension Release Yoga Natalie Studio 1	9:30-11:00 Hatha Yoga Sue-Anne Studio 1	<i>Private classes</i>	*11:45-12:15 Yoga Fusion Susan Studio 1
<i>Available for Private Corporate or School Yoga</i> <i>On location or at Om West</i> (contact us 514.905.8020 for details)	<i>Available for Private Corporate or School Yoga</i> <i>On location or at Om West</i> (contact us 514.905.8020 for details)	<i>Available for Private Corporate or School Yoga</i> <i>On location or at Om West</i> (contact us 514.905.8020 for details)	OM BABY 11:30-12:45 Prenatal Yoga Sue-Anne Studio 1 (pre-registration)	<i>Available for Private Corporate or School Yoga</i> <i>On location or at Om West</i> (contact us 514.905.8020 for details)	OM KIDS 9:30 - 10:15 Kids+ option: Yoga Ages 5 -10 Frances Studio 1 (pre-registration)
			OM BABY 11:30-12:30 Parent & Baby France Studio 2 (pre-registration)		OM KIDS 10:15 - 11:00 Kids+ option: Dance Ages 5 - 10 Studio 1 Frances (pre-registration)
<i>Private Semi-Private sessions by appointment</i>	<i>Private Semi-Private sessions by appointment</i>	<i>Private Semi-Private sessions by appointment</i>	12:30-13:15 *Community Yoga (\$5) Studio 2	<i>Private Semi-Private sessions by appointment</i>	OM KIDS 10:15 - 11:15 Kids+ option: Chess Penka cOMmune (pre-registration)
*17:45-18:30 Meditation for calm & focus Yasmin Studio 2		*17:45-18:30 Meditation for calm & focus Yasmin Studio 2	OM KIDS 16:30 - 17:30 Kids Yoga & Chess Penka Studio 1 (pre-registration)		OM TEENS 11:15 - 12:15 Teen Yoga (Ages 11 - 15) Tara (pre-registration)
OM BABY 18:15-19:30 Prenatal Yoga Sue Ann Studio 1 (pre-registration)	18:00-19:15 Endurance Athletes Yoga Mike Studio 1 (pre-registration)	18:00-19:30 Hatha Yoga II Sue-Anne Studio 1	18:00-19:15 Endurance Athletes Yoga Mike Studio 1 (pre-registration)	*18:00-20:00 Ashtanga Yoga II/III Yasmin, Jamie, Nancy & Steve Studio 2	16:00-17:00 Bi-weekly Meditation Micheline Studio 1
*18:30-19:50 Core Vinyasa Yoga for all Yasmin Studio 2	*18:30 -19:30 Energy Flow Yoga Tara Studio 2	*18:30-19:50 Ashtanga Yoga I/II Yasmin Studio 2	18:00-19:30 Hatha Yoga II Rhona Studio 1	18:00-21:00 LECTURES & WORKSHOPS (See events schedule for details)	SUNDAY *9:30-11:00 Karma Yoga (by donation for charity) Studio 2
*19:45-21:15 Yoga & Meridian Exercises Penka Studio 1	19:45 - 21:00 Intro to Yoga Tara & Yasmin Studio 2 (pre-registration)	19:40-21:10 Hatha Yoga I Sue-Anne Studio 1	*19:45-21:15 Yoga & Meridian Exercises Penka Studio 1		LECTURES & WORKSHOPS (see event schedule)
*20:00-21:20 Ashtanga Yoga II Yasmin Studio 2	19:45 - 21:15 Art of Living Yoga Antoine Studio 2	*20:00-21:20 Core Vinyasa Yoga for all Yasmin Studio 2	19:45-20:55 Pilates Diane Studio 1		13:00-14:30 Monthly Tam Tam Workshop James Kids welcome!
* indicates classes available with OM PASS					

OM THERAPY BY APPOINTMENT

Shiatsu Massage with Penka Apostolov, 514-816-4713
Athletic Massage with Rachel Bouthillier, 514-928-9721
Thai Yoga Massage with Julie Craig, 514-905-8020
Palmistry / Astrology with Robina, 514.905.8020
Private Yoga Therapy, 514.905.8020

FOR INFO & REGISTRATION KINDLY CONTACT US:
 514.905.8020 | WWW.WESTISLANDYOGA.COM