

# ALL THE YOGA!

Unlimited Pricing • Date Specific

**One Month**  
 July 1-31 \$160  
 Aug 1-31 \$160

**Summer**  
 Jul 1-Sept 5 \$285



**1/4 Year**  
 July 1-Sept 30 \$400

**1/2 Year**  
 July 1-Dec 18 \$585

**DETAILS**

These passes are date specific. For example, a one month pass purchased on July 5th will still expire on July 31. Unlimited passes are inclusive of all regular classes, karma classes and community classes. Most pre-registered special offerings are at a discounted rate.

**Additional pricing options on the back!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 www.bloommetta.com  bloommettayoga@gmail.com 505 Alice St. Southampton,		<b>6:00-7:00am Sunrise Hot Flow</b> *please register* Chels	Early Morning Class! Pre-register! We require a minimum of 5 students registered by 10pm the night before for these classes	<b>6:00-6:45am Sunrise Hot ABC's (Arms, Butt, Core)</b> *please register* Chels	<b>9:00 - 10:00am Southampton Beach Yoga/ Pilates</b> Chels/Ang	
<b>9:30 - 10:30am Monday Bliss: Roll + Stroll</b> Jennie	<b>9:30 - 10:30am Hot Flow + Glow</b> Chels		<b>9:30 - 10:30am Warm Pilates</b> Ang	<b>9:30 - 10:30am Yin -&gt; Flow</b> Chels	<b>9:30 - 10:30 am Freestyle Flow/ Pilates</b> Chels/Ang	<b>9:00 - 10:00am Hot Flow + Glow</b> Chels
<p><i>schedule runs July 1 - sept</i></p> <p><b>[ note no evening classes on July 1, Aug 1 + Sept 5 ]</b></p> <p><b>SPECIAL OFFERINGS   PRE-REGISTRATION REQUIRED   MORE DETAILS ON BACK</b></p>						
		July 20   \$25 <b>6:00 - 7:15pm Suspension Yoga (Mixed Levels)</b> Chels	July 7   \$25 <b>6:15 - 7:30pm Deep Rest Yoga Nidra</b> Chels			<b>10:30 - 11:30am Pioneer Park Yoga (70 Front St.)</b> Chels
<b>5:30- 6:30pm Hot Fluid Flow</b> Chels <small>NO CLASS AUG 1 + SEPT 5</small>	<b>6:00 - 7:00pm Flow -&gt; Slow</b> Chels/Tracy	Aug 31   \$25 <b>6:00 - 7:15pm Yoga for Athletes</b> Chels	Aug 18   \$25 <b>6:15 - 7:30pm Yin + Restore Suspension Yoga</b> Chels	<b>5:30 - 6:30pm Southampton Lighthouse Pier Yoga</b> (Scubby's Point) Melissa/Chantelle		<b>11:00am - 12:00pm Restorative Yoga</b> Tracy
<b>7:30 - 8:30pm Yin Yoga</b> Chels/Tracy <small>NO CLASS AUG 1 + SEPT</small>	<b>7:15 - 8:15pm Southampton Beach Yoga</b> (South of flagpole) Chels/Tracy	<b>7:15 - 8:15pm Port Elgin Lookout Yoga</b> (South of washrooms) Chels/Tracy	<b>7:15 - 8:15pm Pioneer Park Yoga</b> (70 Front St.) Chels/Tracy	<p style="text-align: center;"><b>Outdoor Offsite Classes!</b></p> <p style="text-align: center;">Strictly weather dependant (wind, rain, temperature etc)   BYOM - we will have a few towels on hand   mixed levels: classes</p>		
	<b>7:30 - 8:30pm Hot Pilates</b> Ang	<b>7:45 - 8:45pm Restore.Roll.Renew</b> \$9 Karma Class Chels/Tracy	<b>8:00 - 9:00pm Hot Flow -&gt; Slow</b> Chels/Chantelle			

### Yoga Pass Pricing Options Summer 2022

#### ATTENDING ON A DROP-IN BASIS:

one drop-in class	\$15.00 (\$13.27+hst)
sen/student drop-in (under 18   60+)	\$12.00 (\$10.62+hst)
karma class	\$9.00 (cash only)
no show/late cancel fee	\$5.00 (cash only)

#### MULTI-CLASS PASSES:

(expire 3 months from first class attended • non-transferable • non-refundable)

5 class pass	\$60.00 + hst
10 class pass	\$115.00 + hst
10 class pass sen/student (under 18   60+)	\$100 + hst
20 class pass	\$210.00 + hst
10 class pass *NEW 6 month expiry*	\$128.00 + hst

Looking to do ALLL the Yoga? Check out our Mat Up! pass

#### MAT UP! Pass Pricing

- 28 day (4 week) passes •
- 8 classes (2/week) \$80+hst
- 12 classes (3/week) \$108+hst
- 16 classes (4/week) \$120+hst
- 20 classes (5/week) \$140+hst

#### DETAILS:

- these passes are valid strictly 28 days (4 wks) from day of the first class attended on the pass
  - passes are shareable with 1 additional person within the same household
  - pass may not under any circumstance be put on hold or transferred
  - expiry on passes will not under any circumstance be extended
- while it is not intended to be common practice, Metta reserves the right to cancel classes due to unforeseen circumstance, inclement weather, instructor illness, etc.
- please note that in the pricing menu above we indicate how many classes it works out to be per week. This is strictly to conceptualize the pass, the student may use the pass whenever/ however they'd like to over the 4 weeks (i.e all classes in one week if they want!)

### SPECIAL OFFERINGS | PRE-REGISTRATION REQUIRED

#### Thursday July 6 • Deep Rest Yoga Nidra • \$25

Sometimes referred to as "Yogic Sleep", Yoga Nidra is a deeply meditative practice intended to take practitioners into a deep state of nourishing rest. Yogis can expect to start the practice with some very mild stretching followed by stillness in a completely comfortable and supported posture for the vast majority of the class.

#### Wednesday July 20 • Mixed Levels Suspension Yoga • \$25

Using the YogiGym system, this practice is perfect for an adventurous student looking to have fun while also exploring the body. This particular class will offer many options and variations of postures while also giving a number of foundational details making this suitable for a new or returning Suspension Yogi.

#### Thursday Aug 18 • Yin + Restore Suspension Yoga • \$25

Using the YogiGym system, this practice will offer the more grounded and nourishing part of a Suspension practice. This class will move very slowly but will also offer options to deepen certain shapes to make the class more or less challenging.

#### Wednesday Aug 31 • Yoga for Athletes • \$25

An attention to flexibility, strength and stability from the end range of motion lens. This class will also offer myofascial work and is suitable for anyone that is interested in looking at the pairing of strength, athleticism and Yoga.