

ALL THE YOGA!

• Current Unlimited Pricing •

• Date Specific •

One Month

anytime \$160 (hst incl.)

Current Schedule

May 1 - June 30 \$245 + hst
1/3 Year

May 1 - Sept 1 \$375 + hst
1/4 Year

May 1 - July 31 \$330 + hst

These passes are date specific. For example, a Current Schedule pass purchased on May 7 will still expire on June 30. Unlimited passes are inclusive of all regular classes, and PWYC classes. Bloom reserves the right to cancel classes due to instructor illness, inclement weather, unforeseen circumstance. etc.

Play Bloom BINGO over May + June to explore different classes and WIN! Ask us for your card!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CIRCLED CLASSES! These classes are either generally busy and could possibly max out at our capacity of 22 students OR are an earlier morning offering so require a minimum of 6 students committed to run. Register via our website (live schedule tab) No show/late cancel fees apply.		6:15 - 7:00am Warm Pilates Flow EXPRESS PRE-REGISTER Chelsea W		6:15 - 7:00am Warm Mat Pilates EXPRESS PRE-REGISTER Ang	8:00 - 9:00am Hot Morning Warrior PRE-REGISTER Courtney/Chelsea	
9:30 - 10:30am Warm Barre PRE-REGISTER as space is limited to 12 Ang NOTE No class May 19		9:30 - 10:30am Gentle Yoga Kerri / Sue P	9:30 - 10:30am Warm Mat Pilates PRE-REGISTER Ang <i>busy class please register</i>	9:30 - 10:30am Balancing Yin - Yang Yoga Chelsea W	10:00 - 11:00am Freestyle Ground + Flow Chelsea W	9:00 - 10:00am Hot Glow Flow PRE-REGISTER Tracy / Chelsea W <i>busy class please register</i>
<p>schedule runs May 1 - June 30</p> <p> please note class cancellations for Victoria Day Weekend </p>						
6:00 - 7:00pm Hot Fluid Flow Chelsea R NOTE No class May 19	5:30 - 6:30pm Hot Mat Pilates PRE-REGISTER Ang <i>busy class please register</i>	5:30 - 6:30pm Hot Power Vinyasa PRE-REGISTER PJ <i>busy class please register</i>	6:00 - 7:00pm Prenatal Yoga PRE-REGISTERED 4 WEEK SERIES May 22 - June 12 Melissa	5:30 - 6:30pm Hot Mixtape Flow Chantelle / Melissa	3:00 - 4:15pm Hot Strength Yoga NOTE only until May 31 PJ / Tracy	4:00 - 4:45pm Warm Mat Pilates EXPRESS PRE-REGISTER NOTE only until May 11 Ang
8:00 - 9:00pm Yin Yoga + Meditation Chelsea W / Kerri NOTE No class May 19	7:30 - 8:30pm Flow to Slow Chelsea W / Melissa	7:30 - 8:30pm Nourishment + Rest Weekly Buffet Pay What You Can Shared Instructors	7:45 - 8:45pm Hot Sticky Flow PRE-REGISTER Chantelle / Chelsea W <i>busy class please register</i>	<p>www.bloommetta.com</p> <p>bloommettayoga@gmail.com</p> <p>505 Alice St. Southampton, ON</p>  		

Breath | Hot | Cold

Thursday May 15 | 5:30p | \$40 (hst included)

minimum 5 | maximum 20 participants

Participants can expect approximately 2 hours with a mini breath work experience, guided cold exposure, paired to a movement practice in the hot room. Please bring a towel, flip flops, bathing suit and quick change clothing to practice in
e-transfer security answer for registration: **hotncold**

Mother's Day Restorative Sound + Thai Massage

Sunday May 11 | 1 - 2:30p | \$55 (hst included)

minimum 8 | maximum 12 participants

Pairing our classic Pillows + Thai massage class (deeply supported and comfortable Yoga postured combined with Thai Massage assists) with an enchanting Sound Bath - a truly nourishing and replenishing experience.

e-transfer security answer for registration: **thaibathmay11**

SPECIAL OFFERINGS MAY + JUNE

these one time offerings require registration via our live calendar (bloommetta.com - live schedule - scroll ahead to event date) as well as pre-payment via e-transfer (each event has security question info listed) to mettawaveyoga@gmail.com to confirm your spot. Special Offering cancellation policies apply.

Full Body Myofascial Release + Self Massage

Friday May 30 | 7:30 - 9p | \$30 (hst included)

minimum 6 | maximum 18 participants

90 minutes of pure bliss! Using different balls, blankets and blocks we'll enjoy a full practice of self massage and release work. This can aid in nervous system regulation, tissue hydration and joint mobility.

e-transfer security answer for registration: **may30selfmassage**

Suspension Yin + Restore

Friday June 20 | 7:30 - 9p | \$50 (hst included)

minimum 5 | maximum 10 participants

Using the suspension hammocks we'll enjoy the gentler, softer side to the practice with deeper held stretches and suspended restorative poses.

e-transfer security answer for registration: **suspensionrestore**

ATTENDING ON A DROP-IN BASIS:

one drop-in class	\$20.00 (\$17.70+hst)
sen/student drop-in (under 18 60+)	\$15.00 (\$13.27+hst)
express class (45 minutes)	\$15.00 (\$13.27+hst)
no show/late cancel fee	\$10.00 (cash only)

Additional Yoga Pass Pricing Options Spring 2025

MULTI-CLASS PASSES:	
expire 3 months from first class attended • non-transferable • non-refundable • non-shareable • no extensions	
5 class pass	\$62.00 + hst
10 class pass	\$118.00 + hst
10 class pass sen/student (under 18 60+)	\$105 + hst
20 class pass	\$215.00 + hst
10 class pass *6 month expiry*	\$130.00 + hst

MAT UP! Pass Pricing

• 28 day (4 week) expiry passes • shareable with 1 additional person in the same household • no holds • no transfers • no extensions • sold between Jan 6 and Nov 17 2025

8 classes (2/week)	\$82+hst
12 classes (3/week)	\$110+hst
16 classes (4/week)	\$120+hst