

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BLOOMmetta yoga+wholeness		6:00-7:00am Hot Sunrise Flow PRE-REGISTER Chelsea	Early Morning Class! PRE-REGISTER! We require a minimum of 5 students registered by 10pm the night before for these classes to run		8:00 - 9:00am Hot Sunrise Flow PRE-REGISTER Chelsea	
	9:30 - 10:30am Hot Glow + Flow Chelsea	9:30 - 10:30am Happy Hips 4 wk Series PRE-REGISTER starts Jan 25 Angela	9:30 - 10:30am Warm Pilates Angela	9:30 - 10:30am Yin - Yang Chelsea	9:45 - 10:45am Mixed Levels: Ground + Move *pay what you can* Chelsea	9:00 - 10:00am Hot Glow + Flow Chelsea
			11:00am - 12:00pm Chair Pilates 4 wk Series PRE-REGISTER starts Jan 26 Angela			11:00am - 12:00pm Nourish + Restore Tracy/Chelsea
schedule runs Jan 9 - Feb 28					3:30- 4:30pm Hot Power shared instructors	4:30 - 5:15pm Warm Pilates (45 mins) \$13 Drop In Angela
5:30 - 6:30pm Hot Fluid Flow Chelsea/Tracy	6:00 - 7:00pm Flow to Slow Chelsea	6:00 - 6:45pm Warm Strength (45 mins) \$13 Drop In Chelsea	6:00 - 7:00pm Prenatal 4 wk Series PRE-REGISTER starts Jan 26 Melissa	5:30 - 6:30pm Hot Easeful Flow Melissa/Chantelle	SPECIAL OFFERINGS  FRI FEB 10 7:30pm \$100/pair Partner Pillows + Thai Massage PRE-REGISTER SUN JAN 29 7:00pm \$30 Yoga Nidra: Self Acceptance PRE-REGISTER	
7:30 - 8:30pm Yin + Therapeutics Chelsea/Tracy	7:30 - 8:30pm Hot Pilates Angela	7:45 - 8:45pm Mindful Reflection + Rest *pay what you can* Chelsea/Tracy	7:45 - 8:45pm Hot Sticky Chantelle/Chelsea			

ALL THE YOGA
 Unlimited Pricing • Date Specific
New Year Spark
 Jan 9 - Feb 28 \$240
1/4 Year
 Jan 9 - Mar 31 \$350
1/2 Year
 Jan 9 - June 30 \$585
One Month
 anytime (30 days) \$160

FINE PRINT
 These passes are **date specific**. Unlimited passes are inclusive of all regular classes, karma classes and community classes. Most pre-registered special offerings are at a discounted rate. These passes are non-refundable and non-transferable. Holds may be considered based **ONLY** on unexpected medical events. Bloom's commitment to unlimited yogis: quality and knowledgeable instruction, minimum of 15 class options per week (weather, registration, holidays and unforeseen circumstance aside).
Additional pricing options can be found on the back!

Yoga Pass Pricing Options New Year 2023

ATTENDING ON A DROP-IN BASIS:

- one drop-in class *NOTE change from 2022* \$17.00 (\$15.04+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:

(3 month expiry • non-transferable • non-refundable • non-shareable)

- 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 *6 month expiry* \$128.00 + hst

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

MAT UP! Pass Pricing

- 28 day (4 week expiry) passes • shareable with ONE additional person in same home •
 - 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!)

.....PRE REGISTERED SERIES DETAILS.....

HAPPY HIPS

WEDNESDAYS 930-1030AM • 4 WEEKS JANUARY 25-FEBRUARY 15 • 4WKS \$70+HST OR 3 WKS \$57+HST
 Working the full range of motion through the largest joint keeping the synovial fluid moving and maintaining joint health. This class is ideal for anyone who wants to keep mobility and range of motion in their joint and especially good for weight lifters, runner, bikers and golfers.

CHAIR PILATES

THURSDAYS 11am - 12PM • 4 WEEKS JANUARY 26-FEBRUARY 16 • 4WKS \$70+HST OR 3 WKS \$57+HST
 Pilates for those that aren't overly confident or comfortable getting up and down from the ground! Using the chair as a prop and support to offer a wide range of attention to the deep core structure.

PRENATAL YOGA

THURSDAYS 6-7PM • 4 WEEKS JANUARY 26-FEBRUARY 23 (NO CLASS FEB 16) • 4WKS \$70+HST OR 3 WKS \$57+HST
 In truth, Prenatal Yoga is a common entry to our mats. This practice offers movement and stretching to connect to our bodies through the many changes that come with pregnancy, a chance to get to know our breath again which can be a helpful tool beyond the mat and into the delivery room, and to be amongst a community of women on their own path but one that is similar to where you are in so many ways.

.....SPECIAL OFFERING DETAILS.....

PARTNER PILLOWS + THAI MASSAGE

FRIDAY FEBRUARY 10 • 730-930PM • \$100/PAIR

Date night at it's finest! A workshop that will walk participants through a Thai Massage sequence, offering information and techniques for curating a beautiful massage experience for your partner. Light snacks and refreshments will be included to make this the ultimate evening out together.

YOGA NIDRA : SELF ACCEPTANCE

SUNDAY JANUARY 29 • 7-8:15PM • \$30

Yoga Nidra is sometimes also referred to as Yogic Sleep. This practice is a very specifically planned out guided meditation to offer students a systematic journey through the Koshas - the layers to our being from Eastern philosophy - to land ultimately in a deep state of rest. Come prepared to relax fully and completely.