

# ALL THE YOGA!

Unlimited Pricing • Date Specific

Until Karma Calendar

Nov 1 - Dec 18 \$195

## DETAILS

This pass is 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.

Additional pricing options on the back!

Our Annual Holiday Karma Calendar will run Dec 19 - Jan 8! Classes will be \$5 with a Food Bank item or \$7 without!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 www.bloommetta.com  bloommettayoga@gmail.com 505 Alice St. Southampton, ON		6:00-7:00am <b>Hot Sunrise Flow</b> Chels	Early Morning Class! Pre-register! We require a minimum of 5 students registered by 10pm the night before for this classes to run			
9:30 - 10:30am <b>Monday Meditation + Movement</b> Chels	9:30 - 10:30am <b>Hot Glow + Flow</b> Chels	9:30 - 10:30am <b>Gentle Morning Yoga</b> Jennie	9:30 - 10:30am <b>Warm Pilates</b> Ang	9:30 - 10:30am <b>Yin - Yang</b> Chels	9:30 - 10:30am <b>Freestyle Flow</b> Chels	9:00 - 10:00am <b>Hot Glow + Flow</b> Chels
<h2>schedule runs Nov 1 - Dec 18</h2>						11:00am - 12:00pm <b>Restorative Yoga</b> Tracy
						4:30 - 5:15pm <b>Warm EXPRESS Pilates</b> \$12 drop in Ang
5:30- 6:30pm <b>Hot Fluid Flow</b> Chels	6:00 - 7:00pm <b>Flow to Slow</b> Chels	6:00 - 6:45pm <b>Warm EXPRESS Strength Flow</b> \$12 drop in Chels	6:30 - 7:30pm <b>Prenatal Series</b> 4 wks starts Nov 10 Melissa	5:30 - 6:30pm <b>Hot Friday Flow</b> Melissa/Chantelle		<b>Sunday Special Offerings</b> NOV 13 6:30pm Restorative + Yin Suspension • \$45 NOV 20 1pm Holiday Wreath Making • \$65 NOV 27 1pm Mala Making • \$120 DEC 11 2pm Pillows + Thai Massage • \$55
7:30- 8:30pm <b>Yin Yoga</b> Tracy	7:30- 8:30pm <b>Hot Pilates</b> Ang	7:45- 8:45pm <b>Restorative + Myofascial Release</b> \$9 Karma Class Chels/Tracy	8:00 - 9:00pm <b>Evening Hot Sticky Flow</b> Chels/Chantelle	<u>PRE-REGISTERED SERIES/OFFERINGS</u> require a minimum number of committed students to run. More info can be found on our website + social media. Register via our live schedule to save your spot.		

## Yoga Pass Pricing Options Winter 2022

ATTENDING ON A DROP-IN BASIS:

one drop-in class \*note this will be increasing in 2023\* \$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! passes

MAT UP! Pass Pricing

• 28 day (4 week expiry) 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!)

## REGISTERED SERIES | PRE-REGISTRATION REQUIRED

Restore + Yin Suspension Yoga | Sunday Nov 13 | 6:30- 7:45pm | \$45

Using the YogiGym Suspension system, this practice will be extremely accessible for most levels. This class will applying principles of Restorative and Yin Yoga to foster a nourishing and relaxing practice.

Holiday Wreath Making Workshop | Sunday Nov 20 | 1:00 - 3:30pm | \$70

This afternoon event will focus on cultivating creativity putting together a Holiday Wreath. Our offering will begin with a short mindfulness practice with the remainder of the time dedicated to designing and creating.

Mala Making Workshop | Sunday Nov 27 | 1:00 - 4:00 pm | \$120

Design and construct a uniquely personalized Knotted Mala to take home. Together we'll move through gentle stretches and learn how to use the Mala in meditation practice.

Pillows + Thai Massage | Sunday Dec 11 | 2:00 - 3:45 pm | \$60

The ultimate bliss; restorative Yoga paired to Thai Yoga massage assists. This class involves longer held supported postures using many props to prioritize comfort, pairing on the Thai assist to further amplify deep relaxation.

Prenatal Yoga with Melissa | Thursdays 630 - 730pm | Nov 10 - Dec 1 | 4 wks | \$70+hst

A practice tailored to expecting mamas, this series will offer an opportunity to connect to other moms on their journey, explore postures and breathing techniques that can help with the transitioning body as baby grows and cultivate a connection to the growing little one.