

YOGA & TEA

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211 Donald B. Munro Drive, Carp (Ottawa), Ontario, K0A 1L0 613-304-6320 www.yogaandtea.com

Summer 2009 Schedule

July 2 to Aug 31

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				5:00-7:00am Rise & Shine Free Sadhana*	10:00-11:00am Family Yoga** Hilda
	9:30-11:00am Gentle Hatha Susan		9:30-11:00am Gentle Kundalini Nina	9:30-11:00am Hatha (all level) Louise	
	1:15-2:45pm Baby & Me** Susan				
	5:45-7:15pm Pre-natal Yoga** Savitri	5:45-7:15pm Kundalini (all level) Louise R	6:00-7:15pm Nia** Sandra		
7:30-9:00pm Hatha (all level) Louise	7:30-9pm Hatha (beginner) Savitri		7:30-9:00pm Kundalini Glow Nina		

- Free "Rise and Shine" Sadhana is on the 1st Friday of every month (July 3, Aug 7)
- Shaded time slots indicate specialty classes for which registration is required; otherwise the Flexible class pass may be used. Visit our website for details on the Flexible Class Pass.
- Flexible class passes are not valid towards specialty classes; however, class pass holders are welcome to attend for a drop-in fee as space permits, please call ahead!

Contact us if you would like to join any of the following classes, fees may be prorated for up to 3 missed classes:

Pre-Natal Yoga	July 7 – Aug 25 (8 weeks)	\$96
Baby & Me Yoga	July 7 – Aug 25 (8 weeks)	\$96
Family Yoga	July 4 – Aug 29 (9 weeks)	\$108 Adult, \$54 Child
Nia	July 16 – Aug 13 (5 weeks)	\$60



Online www.yogaandtea.com
By phone: 613-304-6320
Or in person at the studio

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Class Fees

Flexible class passes may be used towards any of the classes shown in our schedule! Come as often as you like during the valid duration of your pass and attend any class style with any teacher as your schedule permits!

CLASSES	COST/CLASS	TOTAL COST*	VALID
1 (drop-in)	\$13.33 + GST	\$14	1 day
5	\$12.38 + GST	\$65	3 months
10	\$11.43 + GST	\$120	6 months
20	\$10.48 + GST	\$220	1 year
50	\$9.05 + GST	\$475	1 year
150	\$8.10 + GST	\$1275	1 year
Monthly Unlimited	-	\$125	1 month
Family Pass	Share a 20, 50 or 150 class pass with up to 4 members from the same household	Add 5% to the cost of a 20, 50 or 150 class pass	1 year

** Total cost prices include 5% GST*

Class pass purchases can be made online at www.yogaandtea.com. If you prefer to pay in person with cash, Interac, VISA or Mastercard, please visit us during our studio hours.

Please note:

- Children 9-15 years of age are entitled to a 50% discount on class passes upon presenting ID.
- Seniors (55+) are entitled to a 10% discount on class passes upon presenting ID.
- All class passes are valid from the date of purchase for the duration shown above.
- We strive to maintain our schedule, but all times, teachers, styles and costs are subject to change without notice.

Refund Policy: There are no refunds, transfers or exchanges of class passes for any reason.