

YOGA & TEA

S • T • U • D • I • O

181 Hidden Lake Crescent, Carp

613-304-6320

info@yogaandtea.com

www.YogaAndTea.com



WINTER SCHEDULE

January 6 – March 31, 2025

Save 10% off!
Weekly Yoga Classes
until Tuesday, Dec 31 2024

Use promo code online:
WINTER25

Top 10 Reasons to do Yoga

1. Stress Relief
2. Pain Relief
3. Better Breathing
4. Flexibility
5. Increased Strength
6. Weight Management
7. Improved Circulation
8. Cardiovascular Conditioning
9. Better Body Alignment
10. Focus on the Present

<p>Hatha Yoga</p>	<p>Strength & flexibility! This class features traditional yoga poses to work on posture & alignment, breathing techniques and meditation. This class is suitable for all levels and beginners are welcome!</p>	<p>9:00am-10:30am, Mondays Jan 6 – March 31 (12 weeks, no class Feb 17) \$180 +HST Save 10% off until Dec 31 promo code: WINTER25 BUY NOW</p>	<p>LIMITED SPECIAL Attend all three weekly yoga classes (Hatha, Kundalini, Yin) for just \$12 per class!</p> <p>Get the WINTER UNLIMITED PASS \$408 +HST</p> <p>Only sold until Jan 6! Limited quantity</p> <p>Save 10% off until Dec 31 promo code: WINTER25 BUY NOW</p>
<p>Kundalini Yoga</p>	<p>Vitality! The most comprehensive of yoga traditions. Each class features a theme kriya; a combination of yoga poses, breathwork, meditation, and mantra. This class is for those seeking all that yoga has to offer and a good challenge! Beginners welcome.</p>	<p>9:00am-10:30am, Tuesdays Jan 7 – March 25 (11 weeks, no class Feb 18) \$165 +HST Save 10% off until Dec 31 promo code: WINTER25 BUY NOW</p>	
<p>Yin Yoga</p>	<p>S-T-R-E-T-C-H...this style of yoga increases circulation in the joints and improves flexibility by targeting the connective tissues of the hips, pelvis and lower spine. This class is suitable for all levels and beginners.</p>	<p>NEW 1:00pm-2:30pm, Wednesdays Jan 8 – March 26 (11 weeks, no class Feb 19) \$165 +HST Save 10% off until Dec 31 promo code: WINTER25 BUY NOW</p>	

Navjit Kaur Sidhu, E-RYT 500, RPYT, RCYT

I have been teaching yoga since 2005, and my approach is to make classes accessible and safe for you. I layer my teaching style for you to de-stress, to heal, be challenged and still feel rejuvenated. I am certified at the highest level of designation with Yoga Alliance, as an experienced yoga teacher trainer and continuing education provider. Join me on your mat!

Yoga & Tea Studio

Established in 2008, our award-winning studio features small class sizes for up to 10 people, which results in more personalized attention for you. Our studio is a friendly, clean, welcoming, non-competitive environment, with access to a variety of yoga props and accessories for use during class. Enjoy a complimentary cup of tea and chat after each class!



MELT SPECIALTY CLASSES		Promo code: MELTWIN25
Intro to MELT Method	Learn how stuck stress in your body can cause everyday aches and pains, reduce your mobility and flexibility. This 3-hr workshop is an excellent way to try out the various MELT Method massage techniques using the provided therapy balls and soft roller on the hands, feet, back and shoulders. Try it out and you'll be amazed by the difference you feel after you've MELT'ed!	1:00pm-4:00pm Tuesday, Jan 7 \$97 +HST Save 10% until Tues, Dec 31 LEARN MORE
MELT Method Level 1: Hand & Foot Treatment	Treat your aches & pains! By stimulating the hands and feet with MELT balls, this easy-to-learn treatment can help reduce common painful symptoms: <ul style="list-style-type: none"> • hand, foot, back, and neck pain • plantar fasciitis, bunions, neuromas • arthritis, carpal tunnel syndrome, trigger finger • even headaches, gut issues, and insomnia! Handouts and follow-along online video library provided for home practice!	1:00-3:00pm Tuesdays Jan 14 – Feb 11 (5 weeks) \$300 +HST Save 10% until Tues, Jan 7 LEARN MORE
MELT Method Level 2: Soft Roller Techniques	Got pain? The issues are in your tissues! Learn simple and gentle self-massage techniques, using the MELT soft roller, to ease stuck stress that lives in the neck, shoulders, back, hips, and legs. Handouts and follow-along online video library provided for home practice!	1:00-3:00pm Tuesdays Feb 25 – March 25 (5 weeks) \$300 +HST Save 10% until Tues, Feb 11 LEARN MORE
MELT Method Level 3: Map Sequences	Reduce stiffness! Learn how to combine the treatments covered in Level 1 & 2, in order to keep up with your MELTing in order to maintain connective tissue health! This MELT group class will help you to stay consistent with MELT techniques, in addition to learning how to finesse your practice with some additional moves and instructor feedback.	1:00pm – 2:30pm, Mondays Jan 6 – Feb 10 (6 weeks) \$180 +HST Save 10% until Tues, Dec 31 LEARN MORE

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Yoga Teacher Training Certification

YOGA TEACHER TRAINING PROGRAMS

- For personal & professional development
- Train 1-weekday a week, keep your weekends free
- Yoga Alliance approved programs; certify to teach anywhere in the world
- Receive an official Tuition Fee Tax Receipt for tax credit
- Small class sizes – only 10 spots available
- Whole foods, plant-based lunches included
- “Best Health & Wellness Business of the Year” 2010-2015
- Free Info Session (book online) – Tour the studio, meet the trainer, program overview, question & answer period

60hr Restorative Yoga Teacher Training	Learn the art of relaxation! This training covers poses which deeply nourishes the nervous system and counters your chronic stress response. Learn how to use props effectively to find ease in the pose and address a variety of ailments with poses, breathwork and healing foods.	9:00am-5:00pm, Fridays 8 DAYS: February 14 – May 23, 2025 \$1497 +HST Save \$250 off until Jan 17 LEARN MORE
60hr Yin Yoga Teacher Training	Stretch your body, expand your mind! In this training, learn how to sequence and practice Yin Yoga poses, which target the connective tissues of the hips, pelvis, & lower spine, to provide better flexibility & mobility. Learn about Chinese Meridian theory, history, philosophy, breathing, meditation & mindfulness.	Join the waitlist! Get notified of Fall 2025 dates LEARN MORE
200hr Hatha Yoga Teacher Training	Want a deeper understanding of yoga? Learn the foundational poses, breath techniques, meditation, history, philosophy, anatomy, chakras, Ayurveda, teaching methodology, sequencing, how to establish a personal practice and much more!	Join the waitlist! Get notified of Fall 2025 dates LEARN MORE
200hr Kundalini Yoga Teacher Training	Harness your pure potential! Learn this most ancient and unaltered style of yoga practiced today, as taught by Yogi Bhajan. Learn impactful kriyas (yoga sequences), breath techniques, meditation (silent and mantra), history, philosophy, Humanology, Ayurveda, anatomy and yogic anatomy.	Join the waitlist! Get notified of Fall 2025 dates LEARN MORE

Visit our website for more information about program dates, curriculum, photos & testimonials from previous graduates!

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