

FALL Season Sept 5 - Dec 22				450-732-1707 h-om@homyogacenter.com homyogacenter.com		3 Ways to Join Classes @ H~OM	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Pregnant ? ALL H~OM Yoga classes are safe 4 U !	FREE for those in Cancer Treatment	Tai Shiatsu Acupressure Treatments	H~OM Yoga for HEALTH	WALL & Restore YOGA 8:15 - 9:15 Helene	Become a Yoga Teacher! 200hr YTT Oct '17- May '18 Registered Certification Program *Inquire*		*CASH or CHECK ONLY* Prices INCLUDE TAX
YOGA 9:00 - 10:00 Nancy	YOGA 9:30 - 10:30 Heleen	YOGA 9:00 - 10:00 Nancy	YOGA 9:30 - 10:30 Heleen	YOGA 9:30 - 10:30 Anik	YOGA 9:30 - 10:30 Heleen	YOGA 9:30 - 10:30 Sabrina	Drop In = \$18.00 Drop In as often as you want !
NO need to call ahead, Just Show Up!	Meditation 10:30 - 10:45 FREE Heleen	Beginners & Inflexible's Welcome !	Meditation 10:30 - 10:45 FREE Heleen		Rent Space @ H~OM !		10 Tickets = \$160.00 NO Expiry Date! Great if you are not sure you can get here even 1 x wk
GENTLE YOGA 1:30 - 2:30 Seniors, +Size Prenatal	Drop Ins Welcome Just show up !	GENTLE YOGA 1:30 - 2:30 Seniors, +Size Prenatal	BREATHE		Yoga Therapy Private Sessions For Specific Health Issues ; Back / Hips / Shoulders / Anxiety Helene Couvrette C-IAYT, E-RYT500 Certified Yoga Therapist, *Receipts available* ~ Pain Care & Trauma Sensitive Certified ~		Unlimited by Season \$27.00 Multiplied by # of Weeks Remaining in Session when YOU sign up *** Example *** IF 10 wks = \$270.00 IF 5 wks = \$135.00 (your cost depends on weeks remaining when you sign up)
YOGA 5:15 - 6:15 Maureen	YOGA 5:10 - 6:10 Maureen	STUDENT RATE ! \$14.00/Class Teens Welcome	YOGA 5:15 - 6:15 Maureen	Massage Therapy			NO CREDIT FOR WEEKS MISSED Worth it if you came 2 x week Even if you miss 20% of weeks you paid for.
TAI CHI * 4:00-5:00	YOGA 6:20- 7:20 Anik	YOGA 6:30 - 7:30 Nancy	1st WEEK @ H~OM FREE !! * All White Squares *	UNLIMITED \$27.00 X Wks left in Season * Multiply \$27.00 by # of Weeks Remaining in Season from when YOU Sign Up			* Blue squares INQUIRE * * Separate Registrations *
NO need to call ahead ! NO Commitment needed to Join Classes !		TAI CHI * 7:30- 8:30	YOGA 7:00 - 8:00 Tanya				

3 Ways to Participate in Classes at H~OM

1st WEEK UNLIMITED FREE

Then YOUR choice (ALL PRICED INCLUDE TAX) Cash or Check (no debit machine):

- 1) - DROP-IN = \$18.00** (pay as you go for as long as you want)
- 2) - Ten DROP-IN Tickets = \$160.00 NO EXPIRATION!**
You give a ticket each time you come, when you are not there you are not paying!
(If you are not sure you'll make it even once a week > this is a good way to go)
- 3) - Unlimited @ \$27.00 x wks (multiplied by weeks remaining from YOUR sign up date)**
EXAMPLE: IF there are **10 weeks** left when you sign up = **\$270.00** , **IF 5 weeks** left = **\$135.00**
You can take **as many classes as you want** till the end of the season.
If you plan on coming 2 x week this is well worth it, even if you miss 20% of the season!
(Expires at end of Season.)
- 4) - STUDENT RATES: DROP IN \$13.00; \$120.00/10 TICKETS; UNLIMITED \$20.00 X wks**

***ALL THE ABOVE can be used for ANY of the WHITE BACKGROUND SQUARES !**
YOU DO NOT HAVE to COMMIT to a CLASS / TIME / DAY !

Color BACKGROUND Squares are SEPARATE registrations > Inquire for Details

No need to call before you come !

We have mats for you to borrow & for purchase
All classes suitable for Beginners !