

H~OM FAQ's



1st WEEK FREE !

No need to call first, just show up! :)

No need to wait till next season to **start!**

Newbies each week - most feel inflexible & are beginners - don't hesitate if this is you!

3 Different Ways to participate @ H~OM for different schedules & lifestyles.

1. **DROP IN** \$18.00 (drop in as long as you want)
2. **TICKETS** 10/\$160.00 **NO EXPIRATION!** (good if once a week or less is your norm)
3. **UNLIMITED** = \$27.00 X WKS REMAINING FROM TIME OF SIGN UP
(2 x a week 80% of the weeks you signed up for is enough to make this worth while)

Check or Cash ONLY

You never commit to a time / day / class

You can jump around to any white background square classes you please. (Color Background Squares are Separate)

"YOGA"

All classes simply called "YOGA" are suitable for beginners to experience.

We as teachers make a flow to suit the class of students that show up.

Yoga is slow, has options, and is easily adaptable for varied levels.

In these classes we do **not** offer extreme poses.

* PRENATAL Yogini

ANY class named "YOGA" are also still well suited for pregnant woman. In these we don't do inversions or any contraindicative poses. I myself went up until 8 & 1/2 MONTHS of 3 PREGNANCIES in regular yoga classes!

*Please advise teacher of your pregnancy.

"GENTLE YOGA"

For those who just want it more mellow OR have a harder time with movement,

(seniors, prenatal who need to take it easy, plus size, physical discomfort, or health issues)

"WALL YOGA"

Don't feel intimidated, this is not about acrobatics! Our approach with the YOGA WALL is to use it to bring deeper myo-fascia release. Those who try usually become hooked!

We have Mats to Lend Free of charge as well as for Sale.

Wear comfy clothes, yoga is done in bare feet.

If you have any other questions do not hesitate to contact us.

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