



www.hotyogawellness.com

HOT YOGA WELLNESS WOODBRIDGE

28 Roytec Rd, Woodbridge, L4L 8E4

*Spirit is the Life
Mind is the Builder
Physical is the result*

July News and Events

Finally, summer weather has arrived. We want you to enjoy the warmer weather and hot yoga at our studio. The key to enjoying hot yoga is to go in prepared. It's important to be well-hydrated before taking a hot yoga class. Simply remember drinking "litres and litres of water throughout the day" in anticipation.

Quote of the month - The object of a new day is that you have the chance for a fresh perspective, to let go the old and now consciously create the new.

Holiday Schedule:

Canada Day long weekend Schedule

July 1st to July 3rd

- **Friday** **July 1st**
 - AM 9:30 E 12:00* E
 - PM 4:30** E
- **Saturday** **July 2nd**
 - AM 8:00 E 10:00 12:00*
- **Sunday** **July 3rd**
 - AM 8:00 E 10:00 12:00*
 - PM 8:30* E

Civic Day long weekend Schedule

July 30th to August 1st

- **Saturday** **July 30th**
 - AM 8:00 E 10:00 12:00*
- **Sunday** **July 31st**
 - AM 9:00 E 11:00*
 - PM 8:30* E
- **Monday** **August 1st**
 - AM 9:30 12:00*
 - PM 8:00**

More details please check www.hotyogawellnesswoodbridge.com

Schedule changed (for Summer Time Only)

- Saturday 4:30pm class cancelled
- Sunday Morning class changed : **start July 10th**
9:00 AM (90 mins Economy Class, \$10 for Drop-In)
11:00 AM (60 mins Foundation Flow class)
- Sunday Kid's Yoga (offer every other week for Summer Time)
Pre-Register Only!
July Kid's yoga schedule: July 10th & July 24th

Summer Special (HST INCLUDED):

Take advantage of a regular yoga practice with more savings by picking up one of our summer specials. Stay inspired, healthy and tranquil all summer long.

- 2 month unlimited pass for \$220
- 4 month unlimited pass for \$400
- Student with school ID \$90 per month with 4 month contract.
- You can put your current pass on hold and reactivate it after your summer pass is completed.
- Applicable from June 1 – Aug 31, 2011

More special please check www.hotyogawellnesswoodbridge.com

Kid's Yoga: July 10th & July 24th

- For Kids aged 4 -12 - getting to know yoga.
- Enjoy 50 minutes of fun and yoga exercise (non-heated class)
- \$10 to register, only \$5 each additional child in the same family.
- Pre-register Only! Please call 905-266-0894 to register.
- Private or Group Class available upon request

Free Tai-Chi Practice on July 16th, Class starts 2 P.M. (Open to public)

- Take this great opportunity to learn about Tai-Chi – “moving meditation”
- **Pre-Register Only!**
- Call 905-266-0894 or Tina@HotYogaWellness.com to register.
- **Free to Everyone** ~~

Hiring:

- Certified Yoga, Pilates, kid's Yoga teachers, Please send your resume to tina@hotyogawellness.com

Thank you for supporting your Hot Yoga Wellness Studio.

NAMASTE !

The Hot Yoga Wellness Team

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