

YOGA & TEA

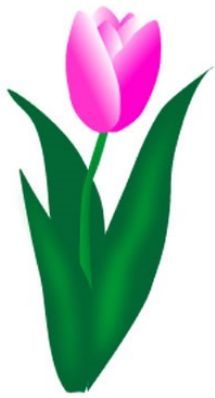
S • T • U • D • I • O

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SPRING SCHEDULE

April 1 – June 30, 2025

Save 10% off!
Weekly Yoga Classes
until Tuesday, March 25 2025

Use promo code online:
SPRING2025

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

Hatha Yoga	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!	9:00am-10:30am, Mondays April 7 – June 30 (9 weeks: no class Apr 21, May 19, May 26, June 2) \$135 +HST Save 10% off until March 25! promo code: SPRING2025 BUY NOW	<p>LIMITED SPECIAL</p> <p>Attend all three weekly yoga classes (Hatha, Kundalini, Yin) for just \$12 per class!</p> <p>Get the</p> <p>SPRING UNLIMITED PASS</p> <p>\$396 +HST</p> <p>Only sold until April 1! Limited quantity</p> <p>Save 10% off until March 25! promo code: SPRING2025</p> <p>BUY NOW</p>
Kundalini Yoga	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.	9:00am-10:30am, Tuesdays April 1 – June 24 (12 weeks, no class May 27) \$180 +HST Save 10% off until March 25! promo code: SPRING2025 BUY NOW	
Yin Yoga	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.	9:00am-10:30am, Wednesdays April 2 – June 25 (12 weeks, no class May 28) \$180 +HST Save 10% off until March 25! promo code: SPRING2025 BUY NOW	

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: MELTSPR25
Intro to MELT Method	Discover how stuck stress in your body's connective tissue leads to aches, reduced mobility, and stiffness. In this 3-hour workshop, you'll explore MELT Method techniques using therapy balls and a soft roller to target your hands, feet, back, and shoulders. Experience whole-body relief as you release tension and feel the difference in your level of pain and mobility after you MELT!	1:00pm-4:00pm Tuesday, April 8 \$97 +HST Save 10% until Tues, April 1! LEARN MORE
MELT Method Level 1: Hand & Foot Treatment	Relieve your aches & pains! Using MELT balls on your hands and feet, this easy-to-learn treatment can help with 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 April 15 – May 13 (5 weeks) \$300 +HST Save 10% until Tues, April 8! LEARN MORE
MELT Method Level 2: Soft Roller Techniques	Is pain holding you back? The issues are in your tissues! Learn gentle self-massage techniques with the uniquely designed MELT soft roller to release stuck stress and tension in your neck, shoulders, back, hips, and legs. Handouts and follow-along online video library provided for home practice!	1:00-3:00pm Tuesdays May 20 – June 24 (5 weeks, no class May 27) \$300 +HST Save 10% until Tues, May 13! LEARN MORE
MELT Method Level 3: Map Sequences	Stay on top of everyday stiffness before it accumulates! In this MELT class, you'll build on Level 1 & 2 techniques to maintain and improve your connective tissue health. Stay consistent with your MELT practice while learning advanced moves and receiving personalized instructor feedback.	1:00pm – 2:30pm, Mondays April 7 – May 12 (5 weeks, no class April 21) \$150 +HST Save 10% until Mon, Mar 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

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
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
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.	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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