

There's No Place Like Om!

In the heart of the beautiful Pointe Claire Village, Om West is a thriving **wellness center**, open 365 days, dedicated to **yoga** and **massage** therapy. The 1st of its kind in the West Island, Om West gives you a rare opportunity to learn yoga in depth and in all its aspects. The Centre is valued for the quality of its teachers & therapists, for its community involvement and for providing a sanctuary of peace and spiritual growth.


Celebrating 17 years...thank you for being with us!

Contact us if you would like to volunteer at Om West, if you would like to find out about our room rental options, if you would like information on our onsite yoga and chair massage services for companies and events, or if you have any questions we can assist you with. Studio owners Antoine & Pamela along with the entire Om Team look forward to building with you a healthy and sustainable lifestyle for our community.

Spring Schedule Apr-1 to Jun-30 ●Relaxing ●Medium ●Challenging **Weekly Class: Drop-In** **Weekly Course: By Registration** **Workshop: By Registration**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:15 ●Rudram Meditation 1 st Mon of Each Month		8:30-9:45 ●Budokon Gisele	6:30-7:45 ●Vinyasa Yoga Marta		9:30-10:00 ^{FREE} ●Pooja Meditation Antoine & Pamela	10:00-11:30 ●Ashtanga Yoga Rhonda & Carole
9:30-11:00 ●Gentle Yoga Pamela	9:30-10:45 ●YinYoga Marie ●Pilates Diane	10:00-11:30 ●Revitalizing Yoga Daniel	9:30-10:45 ●Vinyasa Marie ●Pilates Diane	9:30-10:45 ●Hatha Yoga Antoine	10:00-11:30 ●Hatha Yoga Antoine	11:45-13:15 YOGA-1 to YOGA-4 Learning Yoga
	11:00-12:15 Chair Yoga Seniors, Injury Rehab...		11:00-12:15 ^{NEW} Yogic Wisdom Patanjali's Yoga Sutras	10:45-11:15 ^{NEW} ●Silent Meditation Antoine	11:45-13:00 ●Prenatal Yoga Pamela	13:30-15:00 ^{NEW} YOGA-1 to YOGA-4 Learning Yoga
Massages, Facials & Private Classes by Appointment (365-days, 8:00am to 10:00pm, Same day appointments available)						
	17:40-18:10 ●Meditation Antoine		18:15-19:40 ^{NEW} Intro to Ashtanga Level 1 & 2	16:30-18:00 ●Restorative Yoga Bruce	14:15-15:15 ^{NEW} ●Mom & Baby Yoga Farrah	15:15-16:45 ^{NEW} ●Kundalini Yoga Haidee
18:15-19:40 ●Ashtanga Yoga June	18:15-19:40 ●Hatha Yoga Antoine	18:15-19:40 ●Ashtanga Yoga Rhonda	18:15-19:15 ^{NEW} ●Yoga Boot Camp Haidee	19:00-21:00 Community Night See Events Calendar	15:30-17:00 ^{NEW} YOGA-1 to YOGA-4 Learning Yoga	17:00-18:30 Sudarshan Kriya Cleansing Breath
19:45-21:15 YOGA-1 to YOGA-4 Learning Yoga	19:45-21:15 YOGA-1 to YOGA-4 Learning Yoga	19:45-21:15 Teen Yoga Ages 12-15	19:15-19:45 ^{NEW TIME} ●Guided Meditation Pamela	Art of Living Course (Powerful Breathing Techniques) 4-Days: Thu & Fri: 18:30-21:45 Sat & Sun: 10:00-16:45 Apr 18-21 Jun 6-9 Aug 8-11 [\$250]		
19:45-21:15 ●Sivananda Yoga Farrah	19:45-21:15 ●Tai Chi & Qigong Omid	19:45-21:15 ●Gentle Yoga Renée	19:45-21:15 ^{NEW} ●Gentle Yoga Pamela	Art of Meditation Course (Initiation to Meditation) 3-Days: Fri: 19:00-21:30, Sat & Sun: 14:00-16:30 May 17-19 Jul 5-7 Sep 20-22 [\$150]		

Price List All Prices are Subject to GST & PST Except for Massages

Visit our  page, we think you'll LIKE it: facebook.com/omwest

Unlimited Pass			Class Pass			Massage Pass			Weekly Courses [\$89/6Weeks]			
Months	Per Week	Monthly	Classes	Per Class	Total	Massage	60 min	Total	Course	Start Dates		
1	\$33	\$145	1	\$17	\$17	1	\$70	\$70	YOGA-3 (Mon)	Apr-1		
2	\$32	\$140	8	\$15	\$120	5	\$66	\$330	YOGA-1-2-3-4 (Mon)	May-13 Jul-29 Sep-9 Nov-4		
3	\$31	\$135	12	\$14	\$168	10	\$63	\$630	YOGA-2-3 (Tue)	Apr-2 May-14		
4	\$30	\$130	16	\$13	\$208	20	\$60	\$1 200	YOGA-1-2-3-4 (Sat)	Jun-22 Aug-10 Sep-21 Nov-16		
5	\$29	\$125	20	\$12	\$240	Massage	90 min	Total	YOGA-1-2-3-4 (Sun)	May-5 Jun-23 Aug-11 Sep-22		
6	\$28	\$120	Family Pass			1	\$90	\$90	YOGA-3-4 (Sun)	May-5 Jun-30		
7	\$27	\$115	30	\$11	\$330	5	\$86	\$430	Teen Yoga	Apr-24 Jun-5		
8	\$25	\$110	Ages 25 & Under: 15% Discount ^{NEW} Pass Expiry: 3-Months Pass Extension: \$10/Week First Class: \$15 or Free with Pass Purchase Meditation Classes: ^{PRICE DROPS} Alone: \$8 With Yoga: \$5 10 Classes: \$65 Annual: \$195 Private Classes: Same pricing as Massage Pass For personalized attention or for groups, occasions, companies...			10	\$83	\$830	Ashtanga Intro-1-2	Apr-25 Jun-13		
9	\$24	\$105				20	\$80	\$1 600	Includes: Acupressure, Californian, Cali-Lomi Mix ^{NEW} , Couples, Deep Tissue, Fusion, Holistic, Lomi-Lomi, Marma, Polarity, Prenatal, Reflexology, Reiki, Relaxation, Swedish, Therapeutic Add \$10: Aromatic, Facial, Hot Stone, Tao Shiatsu ^{NEW} , Thai-Yoga Add \$50: Ayurvedic Hot Oil Massage		Chair Yoga	Apr-9 May-21
10	\$23	\$100				For only \$20: Upgrade to 90 min!		Tax: None, Receipts: Yes, Pass: 1-Year Oils: 100% Pure, Daily: 8am-10pm, Team: 10 certified therapists		Community Events		
11	\$22	\$95								Boardgame Night	Apr-26 19:00	Free
12	\$21	\$90					Movie Night	TBA	Free			
Ages 25 & Under: 15% Discount ^{NEW}							Satsang	May-24 19:00	Free			
Annual Members: 50% Discount on Weekly Courses							108 Sun Salutations	May-4 15:30	\$12			
							Yoga to Live Music	TBA				
							Yoga-Dance Remix	Apr-5 11:00	\$12			
							Workshops					
							Art of Living	Apr-18 Jun-6	\$250			
							Art of Meditation	May-17 Jul-5	\$150			

Om West Offers

Yoga Teacher Training starting in September...limited space, join the info list today.

<p>Drop-In Classes</p> <ul style="list-style-type: none"> ● Daily Classes ● 20 Different Styles ● Outstanding Teachers ● No Reservations Required <p>Class Passes, Family Passes & Unlimited Passes Available</p>	<p>Learning Yoga</p> <p>YOGA-1: Establish a Practice YOGA-2: Fine-tune your Practice YOGA-3: Solidifying your Practice YOGA-4: Deepening your Practice</p> <p>6-Week Courses Learn Safely and Progressively</p>	<p>Breath & Meditation</p> <p>Art of Living Course: Powerful Breathing Techniques Art of Meditation Course: Learn to Meditate with a Mantra</p> <p>Offered in 150 countries by the Art of Living Foundation</p>	<p>Massages & Facials</p> <ul style="list-style-type: none"> ● 100% Pure Oils ● Daily 8am to 10pm ● Holistic Experience ● Team of 10 Certified Therapists <p>Relaxing & Therapeutic Eastern & Western Massages</p>	<p>Building Community</p> <ul style="list-style-type: none"> ● Special Events ● Family & Community Fun ● Music, Movies, Games, Food... ● Guest Speakers & Conferences <p>Discover Our Famous Satsangs: Yoga Music & Vege Potluck</p>
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