

## Welcome to Om West

Set in the heart of the beautiful Pointe Claire Village, Om West is a thriving holistic wellness centre for people of all ages and backgrounds. It is a sanctuary for peace, self-exploration and positive growth. A place for communal gathering, Om West encourages balance, harmony and diversity.

Antoine & Pamela are the new owners of Om West since 2012 and look forward to working with you in shaping a healthy and sustainable future for our communities.

Our office hours are Mon, Tue, Thu, Fri: 9:00-14:00, Wed 15:00-20:00, Sat: 9:00-11:00. Call us to find out about our **Om@Work** programs for companies. If you are a teacher or therapist, contact us to find out about our partnerships or room rental options for courses, workshops, or treatments.

## Winter Schedule (Jan-8 to Apr-1)

**Om Class:** Drop-In Classes | **Om Courses:** Registration or Drop-In | **Om Academy:** By Registration | **Om Plus:** Open to All

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:30-7:45 <b>Vinyasa Yoga</b> Mike & Marta					
9:30-11:00 <b>Hatha Yoga</b> Antoine & Pam	9:30-10:45 <b>Pilates</b> Diane	9:30-11:00 <b>Sivananda Yoga</b> Mike	9:30-10:45 <b>Pilates</b> Diane	9:30-11:00 <b>Vinyasa Yoga</b> Yasmin	10:00-11:30 <b>Kripalu Yoga</b> Diane (Studio 1) & <b>Kids Yoga</b> Kay (Studio 2)	10:00-11:30 <b>Ashtanga Yoga</b> Carolynn
	11:15-12:30 <b>Gentle Chair Yoga</b> Mary-Ann	11:15-12:30 <b>Budokon</b> Gisele				11:45-13:15 <b>YOGA-1</b> The Basics
<b>Om Treats: Massage, Ayurveda, Naturopathy &amp; Private Classes by Appointment</b>						
17:15-18:00 <b>Open Meditation</b>	17:30-18:15 <b>Guided Meditation</b> Antoine	17:15-18:00 <b>Guided Meditation</b> Yasmin	17:30-18:15 <b>Guided Meditation</b> Pamela	18:00-19:15 <b>Tai Chi</b> Sifu Matthew	17:00 - 18:30 <b>Karma Yoga</b> Teachers in Training	
18:00-19:30 <b>Vinyasa Yoga</b> Yasmin	18:20-19:35 <b>Hatha Yoga</b> Antoine	18:00-19:30 <b>Ashtanga Yoga</b> Yasmin	18:20-19:35 <b>Hatha Yoga</b> Pamela	19:00 <b>Fun Fridays!</b>		
19:45-21:15 <b>Revitalizing Yoga</b> Renée	19:45-21:15 <b>YOGA-1</b> The Basics	19:45-21:15 <b>Jivamukti Yoga</b> Kathya				

**Karma Yoga:** Profits offered to charitable organizations. Winter 2012 sponsored Charity: *Care for Children*

## Price List (Tax Not Included, Ages 24 & Under: 10% Discount)

Om Pass		Om Unlimited		Om Courses		Om Academy	
1 Class	\$16	1 Month	\$125/mo	Chair Yoga	\$18	Intro to Yoga	\$89 for 6 weeks
6 Classes	\$89	3 Months	\$115/mo	Budokon	\$18	Art of Living	Workshop: \$250
12 Classes	\$169	6 Months	\$105/mo	Tai-Chi	\$18	Art of Meditation	Workshop: \$150
18 Classes	\$239	12 Months	\$95/mo	<b>Om Youth</b>		<b>Om Plus</b>	
24 Classes	\$299			Kids Yoga (6-12)	\$12	<b>Open Meditation</b>	
1st Time: \$10	Expiry: 3 months	Add Unlimited Om Courses: \$40/mo		Art Excel (8-12)	Workshop: \$150	Om Pass: Free   Guests: On donation	
Meditation: Guests \$8, Om Pass \$5				YES! (13-17)	Workshop: \$150	<b>Karma Yoga:</b> By donation (\$10 min)	

## Massages & Treats

Om Treats	
60 min	\$69
75 min	\$79
90 min	\$89
Massage Pass 5x60' or 4x90'	\$319 6-months

### Om Treats:

- Massage: By Certified Therapists | By Appointment | Massage Therapy & Naturopathy Receipts  
Ayurvedic, Californian, Couples, Cranio Sacral, Deep Tissue, Hot Stone, Marma Points, Polarity, Pregnancy, Reiki, Shiatsu, Swedish, Sports, Thai Yoga, Therapeutic
  - Wellness: Naturopathic Consultations, Ayurvedic Consultations
  - Private Classes: Set up a yoga class for Birthdays, Couples, Colleagues, Sports Teams, Bridal Showers, etc.
- Call Om West for appointments with any of our teachers or therapists**

## Events Calendar

### Om West Yoga Academy

- YOGA-1: Intro to Yoga Mar-13 @19:45-21:15 for 6 Tuesdays
- YOGA-1: Intro to Yoga Apr-08 @11:45-13:15 for 6 Sundays
- Art of Living Course\* Apr 12-15 Wk 18:30-21:45, Wkend 9:00-16:30
- Art of Meditation\* Mar 23-25 Fri 19:00-21:30, Sat-Sun 14:00-16:30
- YES! (Ages 14-17)\* Mar 08-11 Wk 18:30-21:30, Wkend 10:00-16:30

\* Offered by the **Art of Living** Foundation

### Upcoming Events:

- Salsayoga** with Gisele, Sun **Mar-04** @ 9:00am [\$15]
  - Beginner's **Trial Yoga** Class: **Mar-06** at 19:45 & **Apr-01** at 11:45 [By Donation]
  - Yoga-O-Noir** with Yasmin: Experience Yoga with blinfolds [\$20]
  - Satsang:** An evening of chanting, meditation, and vegetarian potluck,  
Fri **Mar-16** @ 19:00 [By Donation]
- Event dates subject to change, check online calendar for latest