

MEMBER NAME: _____



"By RSVP" Schedule:

Mon 6:15-7:30pm RSVP by 4:30pm

Yoga & Meditation for Everyone

Tue 9:30-10:45am RSVP by 9pm Mon

Gentle Yoga Explorations

Wed 6:15-7:15pm RSVP by 4:30pm

Mid-Week Hatha & Flow Reset

Thu 9:30-10:45am RSVP by 9pm Wed

Gentle Yoga - Going Further

Fri 9:30-10:45am RSVP by 9pm Thu

Yoga for All Bodies **(VIRTUAL CLASS)**

Please RSVP by text: 416-994-7367

Or email: heartjourneywellness@gmail.com

To buy classes, visit www.heartjourney.org

You may request yoga videos to complete your package

or transfer the value to a wellness service or event.

6 classes in 8 weeks Pack

Expiry: _____

Class 1: _____

Class 2: _____

Class 3: _____

Class 4: _____

Class 5: _____

Class 6: _____

TRACK YOUR ATTENDANCE

Intro Pack: 3 classes in 5 weeks

Expiry: _____

Class 1: _____

Class 2: _____

Class 3: _____

4 classes in 6 weeks Pack

Expiry: _____

Class 1: _____

Class 2: _____

Class 3: _____

Class 4: _____

8 classes in 10 weeks Pack

Expiry: _____

Class 1: _____

Class 2: _____

Class 3: _____

Class 4: _____

Class 5: _____

Class 6: _____

Class 7: _____

Class 8: _____