

Vidalia Yoga & Massage

Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Appointment
						D *G* 5h- 7h15 Kundalini Sadhana	Kundalini Healing Touch \$125 Kundalini Massage \$75
	G 9h - 10h30 Kundalini Yoga				8h30 - 9h30 Vinyasa Yoga		Reiki \$75
				G 10h - 11h30 Kundalini Yoga	10h - 11h15 Yin & Restorative Yoga	*G* 10h - 11h30 Kundalini Yoga	Shiatsu Massage \$85
							Thai Yoga Massage \$85
17h - 18h30 Private Yoga and Massage by Appoint.	17h30 - 18h45 Vinyasa Yoga	*G* 18h - 19h30 Kundalini Yoga	17h30 - 18h45 Vinyasa Yoga	17h - 18h Vinyasa Yoga			Private Class Our location: \$65 Your location: \$75
	19h15 - 20h30 Yin & Restorative Yoga	20h - 21h30 Private Yoga and Massage by Appoint.	19h15 - 20h30 Yin & Restorative Yoga	18h30 - 20h Private Yoga and Massage by Appoint.			Studio Rental \$25/hour

G Healing with the sound of the gong

D By donation (All proceeds go to *Head and Hands*, a local non-profit organization)



5276 Notre-Dame-de-Grace (corner of Decarie)

www.vidaliayoga.com

514.956.0179