

## Pricing

Drop ins: 15\$/hour  
Membership: 75\$/month  
5 class card: 65\$  
10 class card: 130\$






## Why Mantra?

Mantra Yoga Studio promotes calmness and a healthy lifestyle for individuals looking for a way to stay active






mantra  
yoga studio

## Types of Yoga

-  mantra, mantra flow
-  power flow, slow flow
-  yin, yin and tonic,
-  community class
-  meditation

## Contact

-  Saturday and Sunday: 8 am to 6 pm
-  Monday to Friday: 8 am to 10 pm
-  [www.mantrayoga.ca](http://www.mantrayoga.ca)