



SCANDINAVE SPA
BLUE MOUNTAIN

YOGA CLASSES

(effective November 1st, 2009)

***Rejuvenate, Revitalize, Relax... an hour Yoga Class
followed by the Scandinavian Bath Experience.***

saturdays at 3:00pm

First Yoga then Baths

Itinerary:

Arrival/Class check-in 2:45 pm

Hatha Yoga Class 3:00-4:00 pm

Check-in for the Scandinavian Baths 4:15 pm

(Note: Check-in for Baths occurs after yoga class. Waitlist does occur on Saturdays.)

Saturday Yoga then Bath Package \$63 +GST

Yoga class only - \$18 +GST

MID-WEEK DROP-IN CLASSES

(if available)

60 minute Hatha Yoga Class

Yoga then Bath Package \$60 +GST

Unwind Wednesdays Package \$50 +GST

Yoga class only - \$15 +GST

***All yoga guests must pre-pay for class.
Maximum 12 participants. 48 hr. cancellation policy.
Baths cannot be paid in advance.***

For more information please call (705) 443-8484.