



BLEND YOGA AND FUN TOGETHER THROUGH DIFFERENT STYLES:

- Absolute beginner Hatha
- Power yoga to challenge beginners and experienced yogis
- Hatha for all levels
- Yoga to uplift and revive
- Yoga to energize and recharge

THINGS TO CONSIDER:

- How many guests will be attending your celebration?
- Do you have a length of time in mind for your visit? (Please note a minimum length of 1 hour is required for all sessions, additional time may be added to your visit should you wish to have refreshments, open presents, etc. here at Rama Lotus).
- Do you have a preference for a male or female instructor?
- Do you have a preferred time of day and day of the week? (If possible please have a few dates open as some times may be unavailable).



To contact us about hosting a Yoga Celebration please email info@ottawayoga.com or contact us through reception at 613.234.7974 (Monday to Friday 6am-9pm, Saturday 8am-6pm, & Sunday 8am-8pm).



Yoga Celebration Packages



rama lotus yoga centre

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The Rama Lotus Yoga Centre is an organization that designs and delivers yoga classes, teacher training programs, workshops and products for living a healthy, happy, and holistic life.

WHY CELEBRATE WITH YOGA AT RAMA LOTUS?

The Rama Lotus Yoga Centre is *your* yoga studio. It is our mission to serve our community by sharing the practice and joy of yoga in the fullness of its tradition. This ancient practice can transform individuals on a physical, mental and spiritual level. Yoga can lead to greater health, a peaceful mind, happiness and ultimately freedom.

Guided by one of our skilful instructors, yoga at our Centre can be a great opportunity to bring family and friends together to celebrate. Bringing vitality and well-being into your lives, yoga will revive, restore, and invigorate you and your guests.



- Celebrate a Birthday or Anniversary
- Host a Baby Shower with Prenatal Yoga
- Throw a Wedding Shower
- The Perfect Fit for Tweens and Teens

ALL THE BENEFITS OF YOGA WHILE YOU CELEBRATE!

- Reduce both mental and physical forms of tension and stress
- Improve concentration and gain mental clarity
- Increase body awareness and boost confidence
- Improve physical well-being and reduce fatigue
- Engages and entertains through challenges and exploration

CHOOSE YOUR SPACE TO SUIT YOUR NEEDS

One of the largest Yoga Centres in the country, we have 5 yoga studios, including 2 heated studio spaces, that are accessible to groups of up to 60 guests. Depending on the number in your group and both the time and day, you will have the option of enjoying the Sun Room (heated or room temperature), the Earth room, the Sky room, The Crystal Room, or the Hot room (heated).

Select Weekday mornings and afternoons (6:30am-4:30pm)

Select Weekend mornings and afternoons (11am-6pm), or Saturday evenings

We do require that all sessions are a minimum length of 1 hour in order to provide a complete experience.

Studio availability dependent upon, regularly scheduled classes, workshops, and other events

YOGA OPTIONS

Choose either a workshop style event for your time with us, or have a yoga class tailored to meet the needs of your celebration.

WORKSHOP IDEAS TO CELEBRATE WITH

- Kripalu Yoga Dance
- Kirtan (yoga of sound)
- Laughter Yoga
- Partner Yoga
- Prenatal Yoga

We invite you to choose from these suggestions or use them to inspire ideas for the creation of your own workshop experience. Drawing on the resources of our Rama Lotus team, create your own perfect celebration and honour every occasion fully.

