



COVID-19 UPDATE

Due to COVID-19 regulations, all YYOGA members must pre-register for classes online to minimize any hang time in the studio and ensure social distancing.

Please email this PDF & proof of membership to help@yyoga.ca to purchase a discounted pass.

ADDITIONAL INFO

Check out our schedule, sign up for classes, and find one of our 9 locations at:

yyoga.ca | @yyoga

Check out our digital classes on YYOGA at Home!

yyoga.tv | @yyoga.at.home