

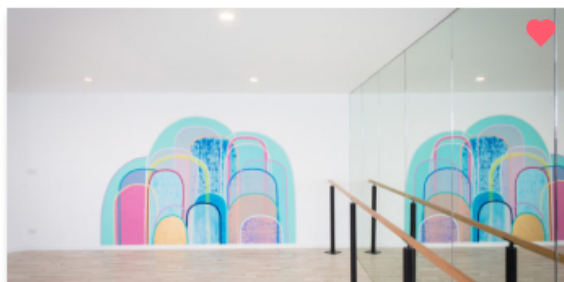
Junto



The easiest way to book
beautiful inexpensive yoga spaces

Explore Spaces

Explore



from **\$17/hr** from **\$150/day**

Dance Corp Studio ✓

219 Spadina St., Toronto
0.5km

★★★★☆ 37 15



from **\$24/hr** from **\$180/day**

Fitness Gym ✓

34 King St. E, Toronto
1 km

★★★★☆ 23 15



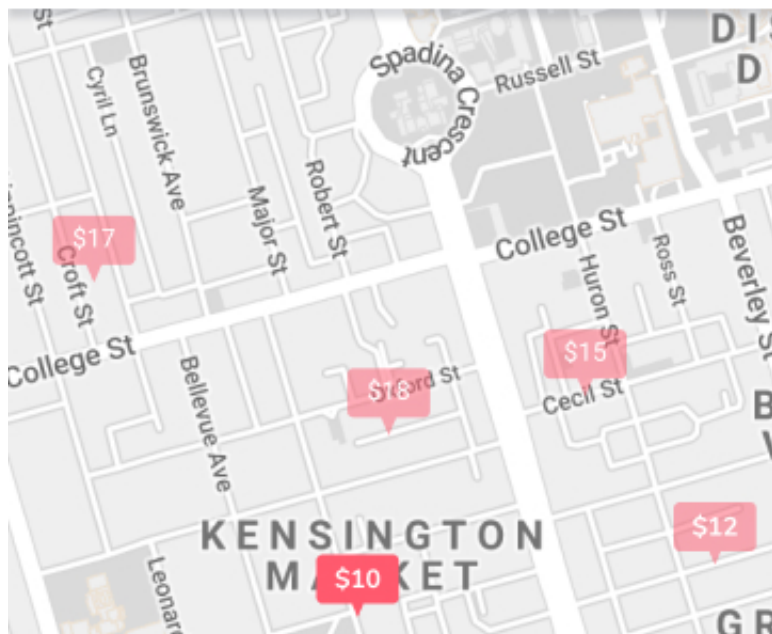
from **\$20/hr** from **\$170/day**

Yoga House ✓

110 Bathurst St, Toronto
2.3 km

★★★★☆ 40

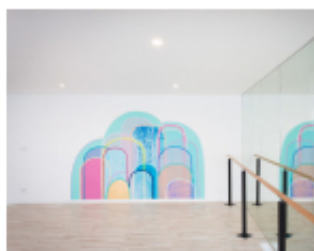




Dance Corp Studio

★★★★☆ 37 15

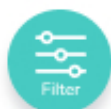
from \$17/hr



Moksha Art Gallery

★★★★☆ 37

from \$24/hr



Explore



5 Matches

Price: Low - High ▼

Wifi ✕

Parking ✕

A/C



from \$17/hr from \$150/day

Dance Corp Studio ✓

219 Spadina St., Toronto

0.5km

15

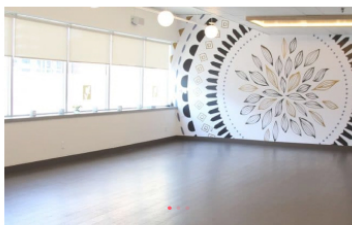


Filter





Yin Yoga



Taught by **Lauren Smith**



Dance Corp Studio
219 Spadina Street, Toronto

11:00 - 13:00
Monday August 20, 2018

early bird
\$10
3 more spots left
Book until August 14

regular
\$15
12 more spots left
Book until August 20

4 students registered

Class will not run with less than 4 students

Description

Join Lauren for this hour-long class that spends five delicious minutes with every pose. Breathe deeply, relax your body and take the time to sink into the opening within each asana. It will calm you down immensely and leave you feeling grounded and centered in your body. If you haven't done yin before, you will be holding each pose in this class for five minutes

Amenities



Accessibility



Air Conditioning



WiFi



Sound System

How to Prepare

This venue takes only certified instructor bookings. The space only takes quiet group classes. Please contact the venue directly for any questions.

Reviews: Yin Yoga with Lauren Smith

★★★★☆
4.0/5.0
based on 17 ratings



most recent reviews

- ★★★★★ I enjoyed this class because I found the instructor very informative and knowledgeable. However the room was cold and it got uncomfortable at times.
- ★★★ Felt more like restorative yoga than yin. Teacher needs to provide better cues, either verbal or visual.

[Read More Reviews](#)

[Invite Friends](#)

[Register for Class](#)





Choose a Date



< September 2018 >						
S	M	T	W	T	F	S
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

Choose a date above to see available times.

Highlighted dates have bookable openings!

Book this Date



Choose a Date



September 2018



S	M	T	W	T	F	S
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

Wednesday September 12, 2018

Available at:

8:00- 12:30

14:00- 17:00

20:00- 21:30

Book this Date



Choose a Time

Mon
10
SeptTues
11
SeptWed
12
SeptThur
13
SeptFri
14
Sept

7:30

8:00

8:30

11:00

11:30

12:00

12:30

13:00

16:00

Wednesday September 12, 2018

Selected Times:

Select a time block above to book it!

Book these Times



Choose a Time



Mon 10 Sept	Tues 11 Sept	Wed 12 Sept	Thur 13 Sept	Fri 14 Sept
-------------------	--------------------	-------------------	--------------------	-------------------

7:30

8:00

8:30

11:30

12:00

12:30

13:00

11:30

16:00

Wednesday September 12, 2018

Selected Times:

11:00 - 13:00[Book these Times](#)



Review Booking Request



Dance Corp Studio

219 Spadina Street, Toronto
Monday August 20, 2018

11:00 - 13:00

\$54

\$5 cleaning
fee included



Accessibility



Air Conditioning



WiFi



Sound System

Book this Space

All Done!



Your request has been sent!

you'll get a response
within 24 hours

[View Profile](#)

Congratulations!

You have **5 students** signed up for
your Yin Yoga class on August 20 at
Dance Corp Studio

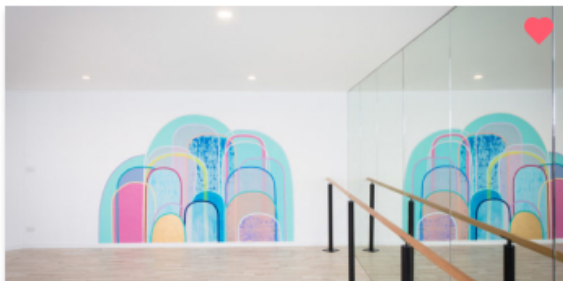


This class is now guaranteed!

keep on promoting to ensure
the class is a success

Promote the Class

Favourites



from **\$17/hr** from **\$150/day**

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0.5km

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Explore



0.5km away 2 days left

Yin Yoga ✓

219 Spadina St., Toronto

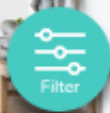
11:00 - 13:00, August 20

★★★★☆ 17

early bird

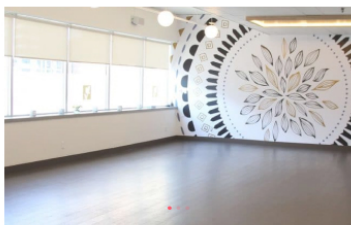
\$10

2 students away from
guaranteed class





Yin Yoga



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★★★★☆

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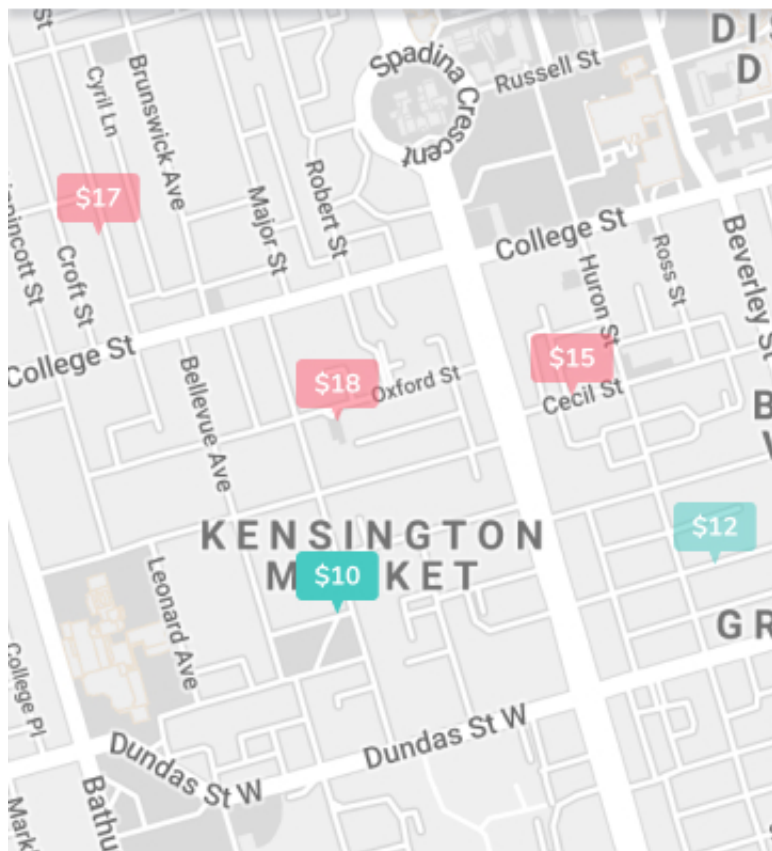
[Invite Friends](#)

[Register for Class](#)





Map View Search



0.5km away 2 days left

Yin Yoga 

219 Spadina St., Toronto

11:00 - 13:00, August 20

★★★★☆ 17

early bird

\$10

2 students away
from guaranteed class

