



# SOL YOGA

*the secret of life*



**THE SECRET OF LIFE  
FEEL GOOD HERE**



**THE SOL YOGA EDITION**



# CLASSES CATERED TO YOU

Whether you're into powerful flows or taking it slow and steady, our signature SOL classes cater to all levels, with each instructor bringing their unique magic to ensure a beautiful experience every time. Sign-up online or drop into the studio, and leave the rest to us!



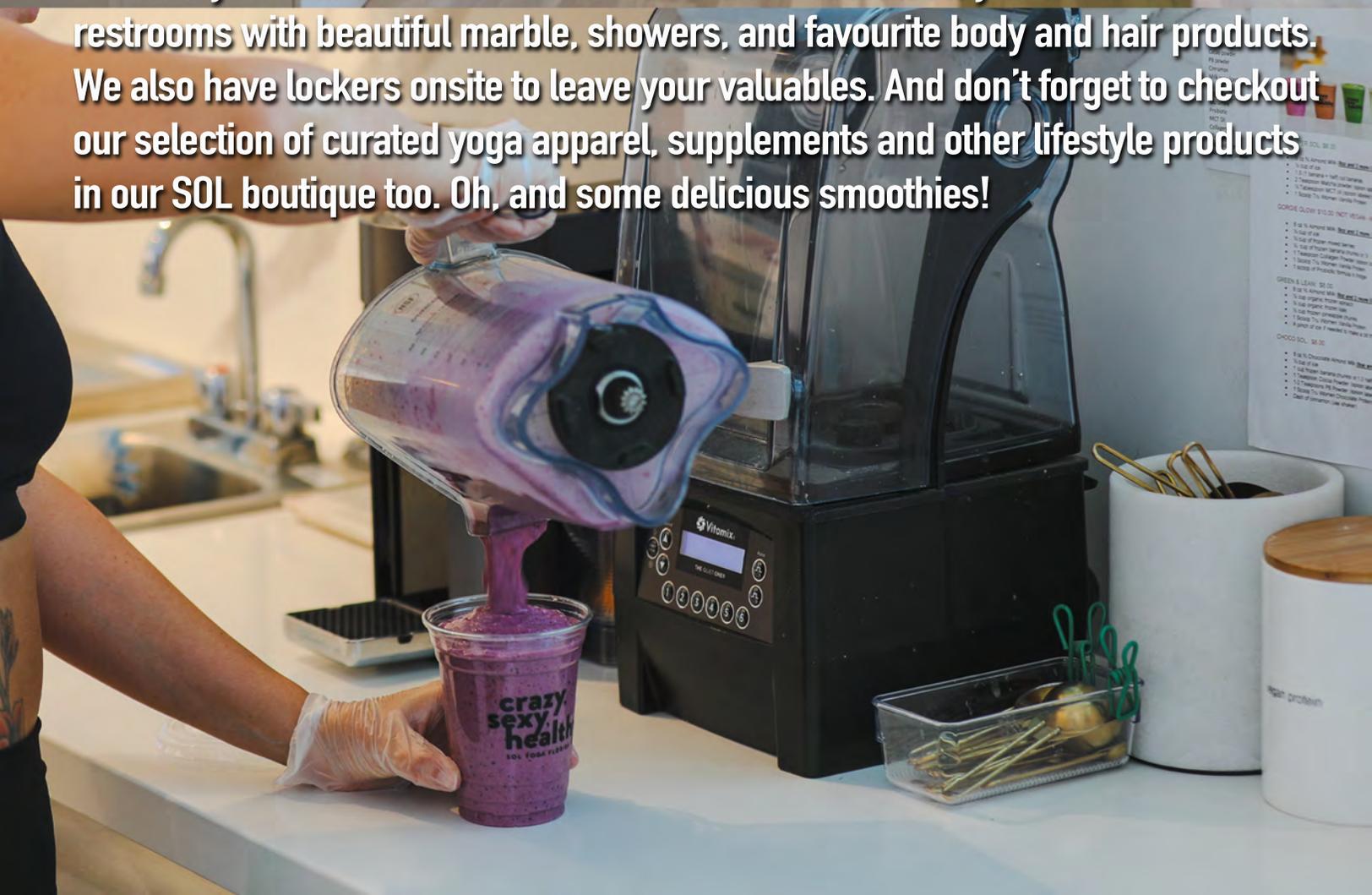
A group of people in a fitness studio performing a workout. In the foreground, a woman with blonde hair, wearing a bright pink short-sleeved crop top and dark patterned leggings, is holding a green and black dumbbell with both hands, arms extended forward. Behind her, another woman with blonde hair in a bun, wearing a black sports bra and dark leggings, is also holding a dumbbell. In the background, a man in a black t-shirt is visible, also holding a dumbbell. The studio has a light-colored wall and a wooden floor.

# SOL SCULPT

A high intensity 45-minute full-body workout featuring light weights and bands, set to music that'll have you jumping, lunging, lifting and more. On their own or complemented with yoga, our SCULPT classes are like nothing you've tried, give results you'll swoon over — and open to all levels.

# SOL AMENITIES

To make your transition from studio to 'real life' seamless, you'll love our restrooms with beautiful marble, showers, and favourite body and hair products. We also have lockers onsite to leave your valuables. And don't forget to check out our selection of curated yoga apparel, supplements and other lifestyle products in our SOL boutique too. Oh, and some delicious smoothies!





## THE MISSION

Founded by Cathy DeFrancesco, since discovering yoga years ago, she says it changed her life in the most unexpected and profound ways. So much, she calls it SOL: "The Secret of Life" that leads to a more balanced, connected, joyful and grateful being, both on and off the mat.

It's also why SOL's mantra is TO FEEL GOOD HERE — and why Cathy created SOL to share with you. To encourage you to practice yoga, yes. But to also embrace this act of self-love as a necessity — and not a luxury!

From hatha to power to vinyasa, whether you are new to the mat or a seasoned student, you won't find a better group of talented teachers to move and inspire you. To make you sweat deliciously hard too. That's because each of our classes take place in our stunning, newly renovated infrared-heated studio.

Infrared is considered the best kind of heat as it penetrates beyond the skin, detoxifying the body of heavy metals, reducing signs of aging, increasing mobility and longevity.

And who doesn't want that?

Now that you know how and where to experience the SECRET OF LIFE, we hope to see you on the mat soon.

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