

VANCOUVER'S FIRST
family
yoga
academy media + partner kit





quick facts

WHAT MAKES US DIFFERENT?

Vancouver's only family yoga studio with classes for all age groups.

FOR EVERYONE

A variety of classes for kids, adults, parent & baby, and families!

MORE THAN YOGA

Offering mat workouts for adults, to compliment our yoga classes.

CHILDMINDING

Select adult classes offer yoga based childminding in our kids space!

LOCATION

Convenient central location in Mount Pleasant.

CONNECT

@uphoriayoga & uphoriayoga.com



ÜPHORIA
YOGA

our story

Euphoria is a feeling of extraordinary happiness and excitement. The way we felt when we met, fell in love, and began our journey together as husband and wife. When we welcomed our little Pasha into the world, he brought so much joy into our lives, we wanted to find a way to spend more time together to create those magical moments and memories, everyday. Having a passion for teaching children and adults alike in our careers as professional yoga and tennis instructors, we began to follow a new dream to open Vancouver's first family yoga studio for all ages, so that we could share that indescribable feeling, with you.

Co-Founders.

Tara & Shayar



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the company

our values

Education
Community
Consistency
Loyalty
Fun



our promise

We're setting out to create a nurturing, safe space for diverse people of all ages and abilities to learn and practice yoga.

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the space

our location

At 88 East Broadway, the studio is located in the heart of Mount Pleasant at just steps from Olympic Village. Our 1250sqft. space features 2 Yoga Rooms, including a dedicated kids yoga space!



perfect for

School field trips
Team building
Retail Sales
Photo shoots
Video filming

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School Program



SCHOOLS + CHILDCARE CENTRES

We will send one of our experienced children's yoga teachers to your school to engage children in fun, dynamic, and educational yoga classes. Yoga for children encourages the use of mindfulness, self-acceptance and provides them with tools for self-regulation. It supports a child through their formative years so that they can move about the world with increased confidence, resilience and awareness.

FIELD TRIPS

Bring your students into our beautiful studio space for a fun day of yoga introductions, dynamic breathwork, group activities, games and time for relaxation. Students will have an opportunity to engage in age appropriate poses, a positive class environment and leave with new skills. This mini yoga session is a fantastic introduction to mindfulness that will lay down the foundation for continued learning.

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adult classes

adults

A variety of stretchy and sweaty yoga classes and mat workouts so you can just chill. or turn it up and challenge yourself.



classes

üenergize - power vinyasa
üflow - vinyasa
ümove - hatha
üchill - yin

pre + postnatal classes

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pre/postnatal

For parents to connect
with themselves, each other, and baby
both prenatal, postnatal and toddlers!



classes

üwomb - prenatal yoga
übaby - baby + me
füsion - pre + postnatal fitness
üdance - baby + me dance
müsic - baby + me music

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kids classes

kids

Spark wonder and consciousness with mindful movement, songs, games, and more, created by early childhood educators.



classes

- üplay - toddlers | crawling-2.5
- üshine - preschoolers | 3-5y
- ücalm - youngsters | 6-8
- üconnect - juniors | 9-12
- ünique - teenagers | 13+

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family classes

family

Bonding time for the whole family! Join our weekend classes that get families moving together in a fun and safe way for all ages.



classes

family yoga
all ages

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YOGA

Birthday Parties



Celebrate your special day with us at Üphoria! We offer one of a kind birthday parties for kids of all ages that include yoga, games, music and more!

Are you an adult and want to celebrate with us? We say, of course! Let us know how we can best accommodate you.



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Childminding



PRACTICE & HAVE YOUR CHILD LOOKED AFTER!

Parents deserve to get on their mat and have a little "me time". We are pleased to announce that we offer child minding at Uphoria. Our certified early childhood educators will ensure that your kids have a safe play environment in which to have fun and learn. We will provide educational and fun toys and other materials for them so that they can play, sing, and practice yoga.

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VOTED
VANCOUVER'S BEST
YOGA STUDIO 2021

