VANCOUVER'S FIRST

# family yoga studio

ÜPHORIA YOGA

media + partner kit

ÜPHORIA
YOGA

# 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

ÜPHORIA
YOGA

# 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.

ÜPHORIA
YOGA

# the space

## our location

At 88 East Broadway. the studio 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

ÜPHORIA
YOGA

# 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

ÜPHORIA
YOGA

# pre + postnatal classes

## pre/postnatal

For parents to connect
withthemselves. each other. and baby
bothprenatal. postnatal and toddlers!

## classes

üwomb - prenatal yoga
übaby - baby + me
üplay - parent + tot
üfit - pre + postnatal fitness

ÜPHORIA
YOGA

# kids classes

## kids

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

## classes

preschoolers | 3-5yrs
movement & mindfulness

youngsters | 6-12yrs
mindful youngsters

ÜPHORIA
YOGA

# 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
ages 0-5
+
ages 6 & up

ÜPHORIA
YOGA

# 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.

ÜPHORIA
YOGA

CO-FOUNDER.
TARA SHAYEGAN

Tara graduated from Simon Fraser University University in 2009 with a Bachelor of Health Sciences. She discovered her passion for yoga while working with children. which led her to earn her Early Childhood Education Certification. 200 hour yoga teacher certification. and additional credentials in prenatal. baby and me. and kids yoga. At Uphoria Yoga. she is combining her academic expertise with her love of mindful movement in order to create a positive impact on kids' health and wellness. Tara's mission is to inspire each of her students to cultivate confidence. creativity and self-love. Off the mat. you can find her immersing herself in the nature and spending quality time with her family.

CO-FOUNDER.
SHAYAN MIRHOSSEINI

A former top junior tennis player in BC. Shayan graduated in 2008 from Cumberland University in Nashville. Tennessee with a full tennis scholarship and a Bachelor of Science in Sports Management and Marketing. From 2001 to 2017. his family owned an indoor tennis facility called People's Courts. for which he was a director and a high performance coach for players of all ages. Over the years. People's Courts Tennis Club programs became one of the most successful in Canada.. Shayan believes that a nurturing educational environment can help children to grow their inner happiness and become the best versions of themselves.

ÜPHORIA
YOGA

#findhappinessinside