

## **Studio Rental at Nest**

The Sthira Studio at Nest is a bright, clean, fresh space with lots of light and windows with a beautiful, welcoming energy.

The studio room is an intimate 200 square feet, and holds up to 8 yoga mats comfortably or 20 guests off-the-mat. It is perfect for private, semi-private, small groups, classes, sessions and workshops, a wide variety of therapies, reiki and body work treatment. If you're looking to create connection and foster community, this is the space for you!

### **Your rental includes:**

- Use of the yoga room, kitchenette, reception area and washroom
- Yoga mats, blankets, blocks, bolsters, eye pillows, yoga chairs
- Massage table and linens
- Essential oils and diffuser
- Sesame oil and massage oils
- Mat cleaning spray and cloths
- Wifi
- Sound system to connect with your phone
- Privacy screen
- Dimmer lights and battery operated candles
- Kangen water filtration system, water jugs and glasses, kettle, mugs and a variety of teas

### **Availability:**

The Sthira Studio is available for rentals through the week and on weekends from 8am - 8pm. Please contact us at [wellness@nestymt.ca](mailto:wellness@nestymt.ca) to explore the schedule together.

### **Rates:**

1-3 hours: \$25/hour

3-5 hours: \$20/hour

5-8 hours: \$15/hour

Discounts available for multi-day bookings.

### **Terms:**

A credit card is required to reserve the space.

We require 7 days notice for cancellation. Your card on file will be charged in the event of a cancellation with less than 7 days notice or for no-shows. The cancellation fee is the full amount of the rental.

Location:

Nest Yoga + Massage Therapy is located in the heart of Bloor West Village, around the corner from the Runnymede subway station and Bloor Street busses. There are excellent cafes and restaurants in the immediate neighbourhood, and High Park is just down the street!

Photos:



