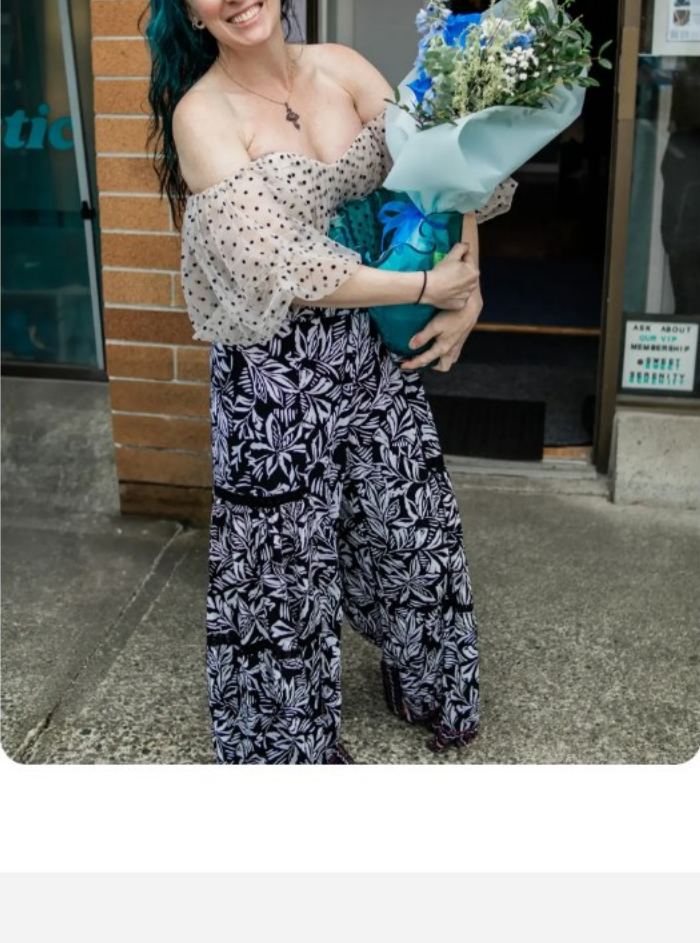


Our Founder's Journey

From pain to purpose, Jenine Lehfeldt's path is one of resilience, transformation, and heart. What began as her own healing journey through trauma, burnout, and addiction has blossomed into a sanctuary for others seeking balance and belonging.

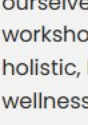
An Usui Reiki Master Teacher, passionate Yoga and Fitness instructor, and soothing Sound Healer, Jenine has turned her passion into action creating Sweet Serenity Yoga & Fitness, a heart-centred space where movement meets mindfulness, healing meets community, and everyone is welcomed exactly as they are.



Her Mission Is Simple:

Exhale, Heal, and Come Home to Yourself

Three Pillars That Guide Us

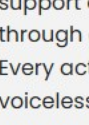


Mental Health Matters

We believe healing begins with compassion for ourselves and each other. Through our classes, workshops, and community fundraisers, we weave holistic, heart-centred practices that support mental wellness and emotional balance.

"Namaslay Metal Yoga" fundraiser for mental-health programs.

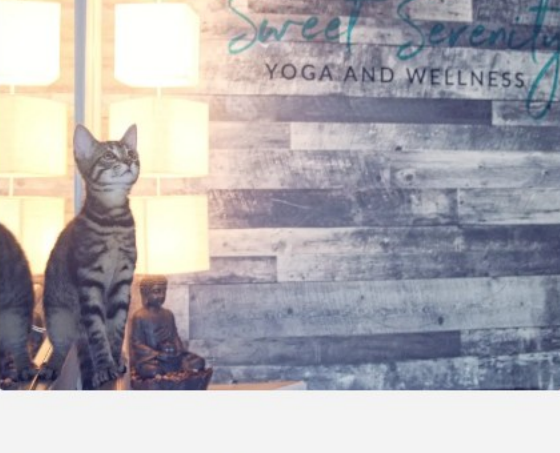


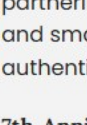


Animal Advocacy

Compassion extends beyond our mats. We proudly support animal sanctuaries and rescue initiatives through classes, fundraisers, and community events. Every act of kindness helps us give voice to the voiceless and nurture a world rooted in empathy and care for all living beings.

Yoga & Brunch and Fridays at the Farm events.





Supporting Local

We believe in community over competition. By partnering with local artisans, wellness professionals, and small businesses, we keep our offerings authentic and community-focused.

7th-Anniversary charity classes with Barnside Brewing.



Our community group classes, fundraisers, and wellness events uplift causes close to our hearts uniting movement, mindfulness, and purpose.

Upcoming Events & Fundraisers

Stay connected with upcoming yoga workshops, fitness events in Vancouver, and local collaborations that uplift mind, body, and community.

🔍 Search by event name

All events

Oct 2, 2026 - Oct 2, 2027

🗑

Filter



Classical Mat Pilates 101 | Back To The Basics

📅 Oct 3, 2026

Curious about Pilates but not sure where to start? This is your invitation to begin... just as you are.

👉 In this supportive, beginner-friendly workshop, we'll slow things down and build a strong...

Show more

Schedule

📅 Oct 3, 2026

📍 Sweet Serenity Yoga and Fitness

👤 Janet

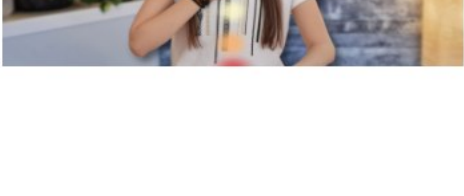
📅 Sat

🕒 12:30pm - 2:00pm PT

Purchase Options Available

1 Session available

Enroll Now



Initiation | Reiki Level I Training

📅 Oct 17, 2026 - Oct 18, 2026

Embark on a profound journey of self-discovery and healing with our Usui Reiki Level I Certification course!

...

Show more

Schedule

📅 Oct 17, 2026 - Oct 18, 2026

📍 Sweet Serenity Yoga and Fitness

👤 Jenine

📅 Sat, Sun

🕒 1:00pm - 6:30pm PT

\$325.00

2 Sessions available

Installation Plans Available

☒ Do not apply a payment plan

☐ 3 payments of \$108.34 every 2 weeks

Enroll Now



Somatic Stress Relief Workshop

📅 Nov 7, 2026

Stress doesn't just live in the mind—it lives in the body.

In this experiential workshop, you'll learn practical somatic tools to help release tension, regulate the nervous system, and build greater awareness of how stress...

Show more

Schedule

📅 Nov 7, 2026

📍 Sweet Serenity Yoga and Fitness

📍 Studio

👤 Kerri

📅 Sat

🕒 12:00pm - 2:00pm PT

\$55.00

1 Session available

Enroll Now



Somatic Stress Relief Workshop (Home)

📅 Nov 7, 2026

Participate from home in this Virtual Workshop:

Stress doesn't just live in the mind—it lives in the body.

In this experiential workshop, you'll learn practical somatic tools to help release...

Show more

Schedule

📅 Nov 7, 2026

📍 Sweet Serenity Yoga and Fitness

📍 Home

👤 Kerri

📅 Sat

🕒 12:00pm - 1:30pm PT

\$55.00

1 Session available

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Amplify | Reiki Level II Training

📅 Nov 14, 2026 - Nov 15, 2026

Step into your path as a healer with our Amplify - Usui Reiki Level II Practitioner Certification course!

Building on your Reiki Level I foundation, this course opens new doors in your healing...

Show more

Schedule

📅 Nov 14, 2026 - Nov 15, 2026

📍 Sweet Serenity Yoga and Fitness

👤 Jenine

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\$399.00

2 Sessions available

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Enroll Now

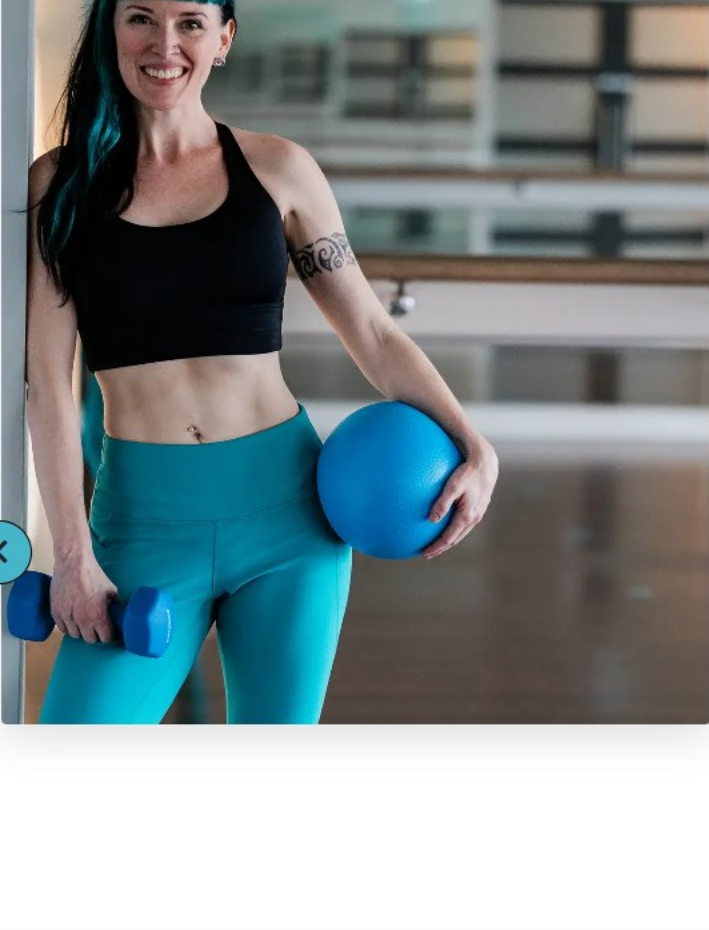
1

2

>

Heart-Led Teachers & Practitioners

Our instructors and practitioners bring world-class credentials Reiki Masters, RYT-200/500, NDs and heaps of heart. They're here to guide your practice, your healing, and your journey of belonging.

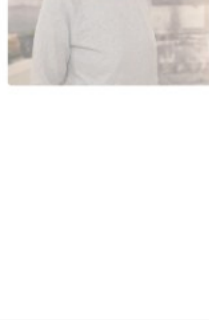
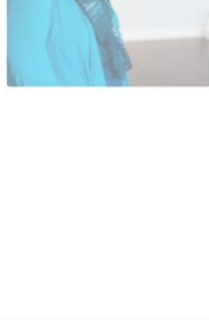
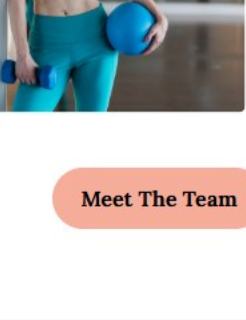


#1

Jenine

Founder, Reiki Master, Yoga & Fitness Instructor

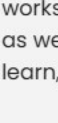
Meet Jenine Lehfeldt, the vibrant and passionate founder of Sweet Serenity Yoga and Wellness! As a North Delta local, Jenine has always been a fitness enthusiast. Her journey has led her to become a classically trained ballet dancer, a 500RYT Yoga, Barre and Zumba instructor, a Reiki Master, and the ONLY Barre certified master trainer in Canada! But that's not all; she's also an experienced entrepreneur and a bundle of positive energy!



Meet The Team

Love From Our Members

Write A Review



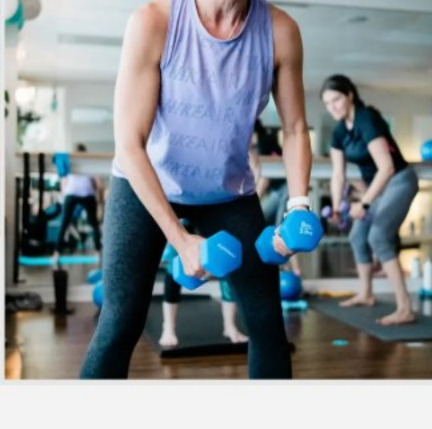
★★★★★

I joined Sweet Serenity Yoga in October '23. Since the moment I walked in, this yoga studio has been nothing but love and light. The warm welcome by the front desk, the yoga teachers, and the kindness of fellow class attendees have made my experience truly enjoyable. I absolutely appreciate the wide variety of classes and workshops offered. I've attended sound baths, Reiki sessions, pain care workshops, as well as workshops on chakras and holistic nutrition. There is so much to explore, learn, and be curious about here.



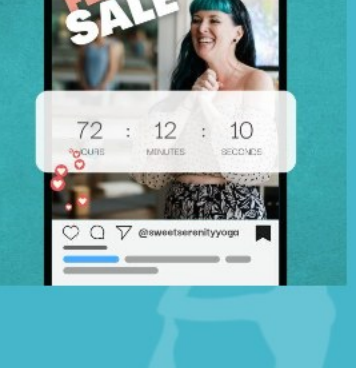
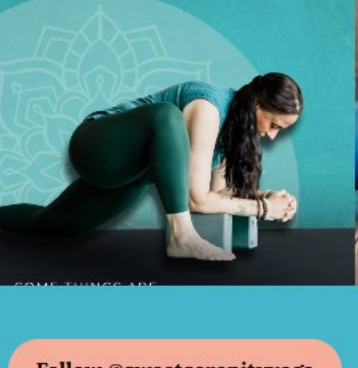
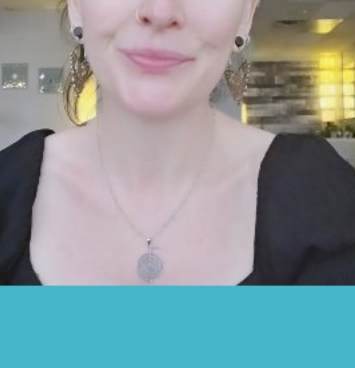
Joy DiNunzio

Client



Follow Us For Weekly Wellness Tips

Quick stretches, mindset shifts, and behind-the-scenes moments delivered fresh on Instagram every Monday.



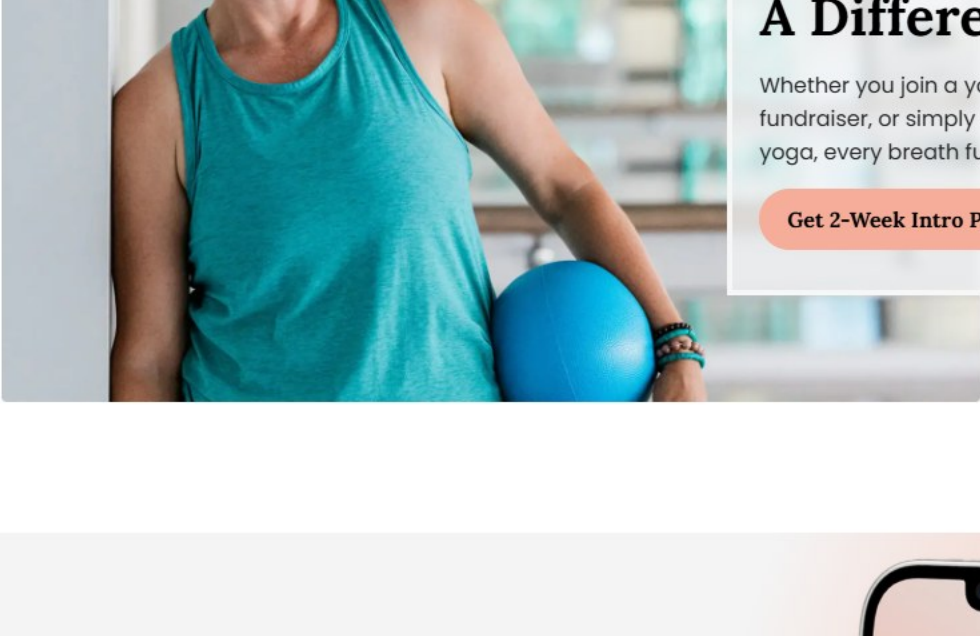
Follow @sweetserenityyoga

Ready To Make A Difference?

Whether you join a yoga workshop, support a yoga fundraiser, or simply step onto the mat for community yoga, every breath fuels something bigger.

Get 2-Week Intro Pass

Book A 1!

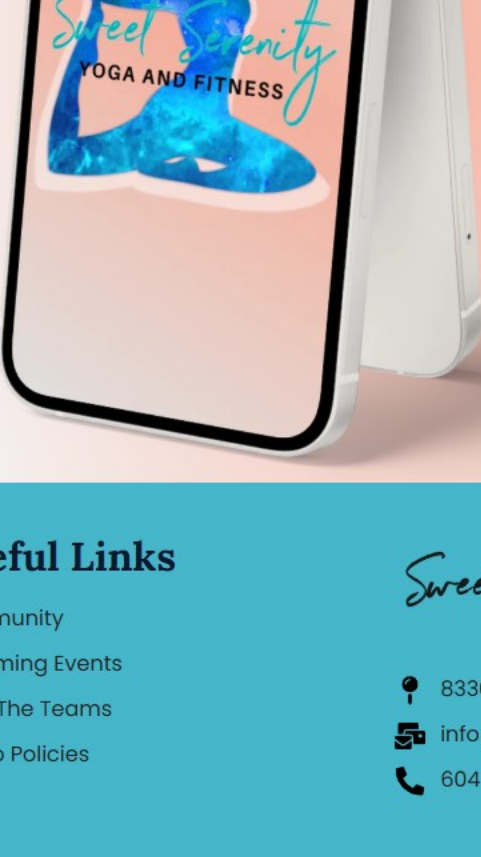


Manage Your Program With Ease

- Purchase memberships, packages and single sessions
- Flexible booking and easy cancellations
- Special offers and studio updates
- Track your mobility journey
- Secure payment processing

GET IT ON Google Play

Download on the App Store



Quick Link

Classes

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Start Here

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Studio Policies

Sweet Serenity

YOGA AND FITNESS

📍 8330-112 St, Delta, BC V4C 7A2

📧 info@sweetserenityyoga.com

📞 604-603-YOGA (9642)



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Terms of Use

Privacy Policy

Upcoming Events

Upcoming Events & Fundraisers

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All events

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Show more

Schedule

Oct 3, 2026

Sweet Serenity Yoga and Fitness

Janet

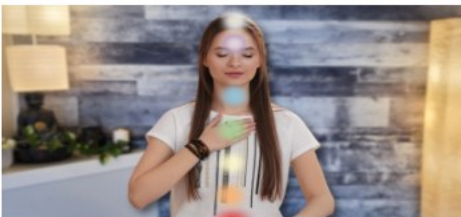
Sat

12:30pm - 2:00pm PT

Purchase Options Available

1 Session available

Enroll Now



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Nov 7, 2026

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Sweet Serenity Yoga and Fitness

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Kerri

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1 Session available

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Quick Link

- Classes
- Book 1:1
- Start Here
- Contact Us

Useful Links

- Community
- Upcoming Events
- Meet The Teams
- Studio Policies

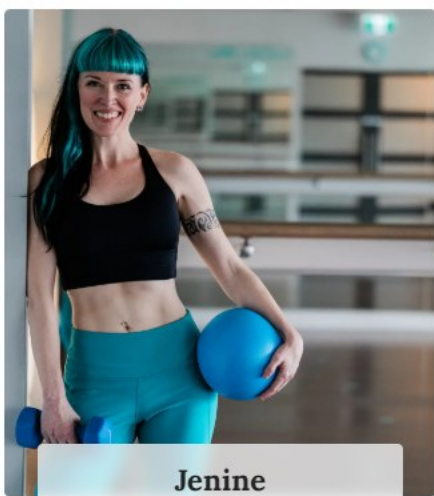


8330-112 St, Delta, BC V4C 7A2
info@sweetserenityyoga.com
604-603-YOGA (9642)

Meet The Team

Heart-Led Teachers & Practitioners

Our instructors and practitioners bring world-class credentials—Reiki Masters, RYT-200/500, NDs—and heaps of heart. They're here to guide your practice, your healing, and your journey of belonging.



Jenine

Founder, Reiki Master, Yoga & Fitness Instructor



Tove

Manager



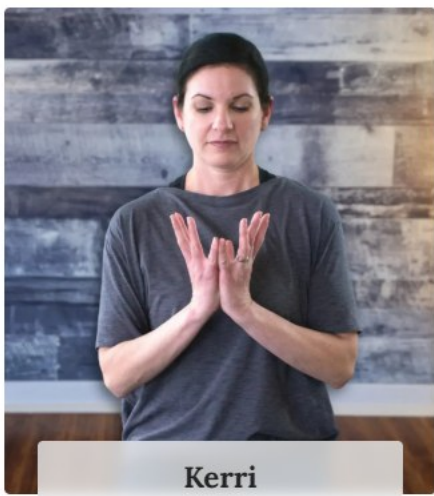
Shilo

Manager, Fitness Instructor



Joy

Assistant Manager



Kerri

Yoga Therapist & Yoga Instructor



Frances

Yoga & Fitness Instructor



Ellen

Yoga Instructor



Akshey

Yoga Instructor
(Spring/Summer only)



Afa

Yoga Instructor & Reiki Practitioner



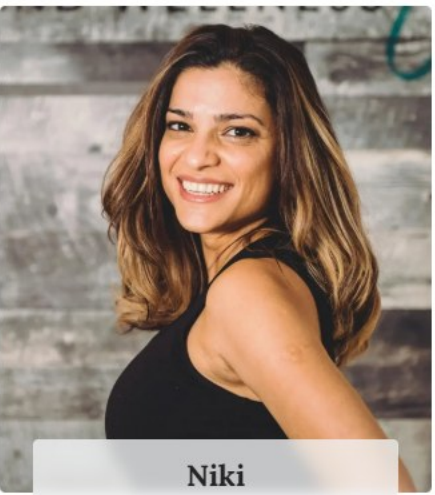
Komal

Yoga & Fitness Instructor



Trish

Yoga & Fitness Instructor



Niki

Yoga Instructor



Tiffany

Yoga & Fitness Instructor



Maria

Yoga & Fitness Instructor



Nivedha

Yoga Instructor



Theresa

Fitness Instructor



Cindy

Yoga Instructor



Judy

Yoga Instructor



Yan

Yoga Therapist & Yoga Instructor



Melissa W.

RMT Massage



Stacy

Oracle & Card Reader



Mariam

Front Desk Team



Nicole

Front Desk Team

Manage Your Program With Ease

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Quick Link

- [Classes](#)
- [Book 1:1](#)
- [Start Here](#)
- [Contact Us](#)

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- [Community](#)
- [Upcoming Events](#)
- [Meet The Teams](#)
- [Studio Policies](#)

Sweet Serenity

YOGA AND FITNESS

8330-112 St, Delta, BC V4C 7A2

info@sweetserenityyoga.com

604-603-YOGA (9642)



Studio Policies & Guidelines

Clear, caring policies that keep our community safe, respectful, and sustainable – please read before your next visit.

Studio Guidelines

Arrive Ahead of Time

First-Time Guests

Happy Soles

Courtesy & Community

Health & Safety

Stay Safe in Practice

Free Parking:

–

Ample parking onsite.

Arrive 10 Minutes Early:

+

Quiet Entry & Exit:

+

Silence Mobile Devices:

+



Studio Policies

Terms & Conditions

Workshops & Programs

Membership Cancellation

Cancellation Policy

Transfers



Payment Upfront:

–

All services must be prepaid.

Pass Expiry Dates

+

No Refunds:

+

Non-Transferable Usage:

+

Freezing Packages:

+



No-Refund Policy Explained

Sweet Serenity Yoga & Wellness is a small, independent studio. Class schedules, teacher pay, and rent rely on pass sales. Instead of refunds, we offer transfers and suspensions to stay sustainable.

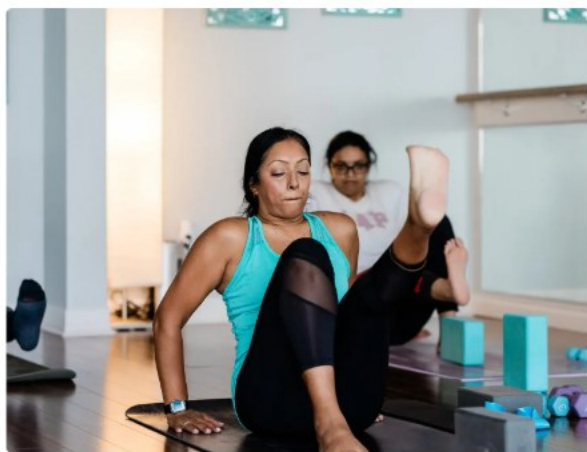
CPA Regulations

Policies amended January 2019 to align with the Canadian Consumer Protection Act. [Click Here](#)



Inclement Weather & Schedule Changes

- We may close the studio for severe weather.
- Workshop/class dates may change; notifications via email, social media, and in-studio announcements.

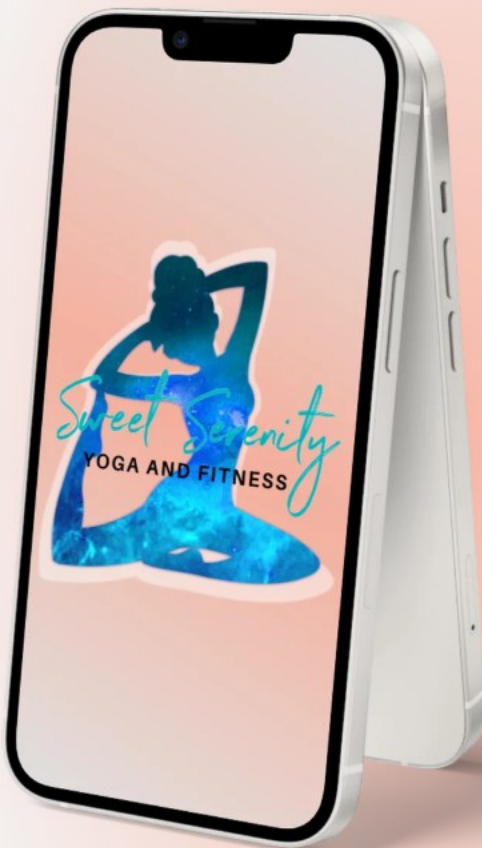


Final Note

By attending classes or booking services, you agree to abide by Sweet Serenity Yoga & Wellness' policies and any future amendments.

Manage Your Program With Ease

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info@sweetserenityyoga.com

604-603-YOGA (9642)



CLASS PACKS

\$27 / drop-in

1 Class

\$220 / prepaid

10 Class Pack

Save 20%

10 Classes

3 Month Expiry

\$360 / prepaid

20 Class Pack

Save 33%

20 Classes

6 month Expiry

MEMBERSHIPS

\$169 / month

8 Month

Unlimited Access

FREE 55YF Water Bottle

FREE Access to V-O-D

Priority Booking

FREE Drop-in for friend once monthly

Over \$250 value in Perks

Most Popular

\$1599 / prepaid for 12 Month

\$149 / month

Unlimited Access

FREE 55YF Water Bottle

FREE Access to V-O-D

Priority Booking

FREE Drop-in for friend once monthly

Over \$250 value in Perks

\$189 / month

8 Month

Unlimited Access

FREE 55YF Water Bottle

FREE Access to V-O-D

Priority Booking

FREE Drop-in for friend once monthly

Over \$250 value in Perks

Store Categories

All Items

New Guests

Drop-In

Class Packs

Memberships

One-On-One

Private Group Sessions

Virtual | In-Home

Video-On-Demand

Workshops | Events

Fundraisers

Yoga Therapy

Reiki | Energy Healing

Spiritual Guidance

Gift Cards

THAI Massage

Unassigned

Shopping At: Sweet Serenity Yoga and Fitness

Search by item name

Cart

Pilates 101

\$49.00

Add To Cart

INTRO PASS

Introductory Pass- 2 Weeks Unlimited

Unlimited \$59.00

Add To Cart

STARTER PACK

Starter Pack | 2 Weeks + 1 One-On-One

\$149.00

Add To Cart

INTRO OFFER

Move For Mental Health Intro Pass | 10 Days Unlimited

Unlimited \$30.00

Add To Cart

DROP-IN

Drop-In

1 Session \$27.00

Add To Cart

10 CLASS PACK

Class Pack | 10 Classes (6month Expiry)

10 Sessions \$220.00

Add To Cart

20 CLASS PACK

Class Pack | 20 Classes (9month Expiry)

20 Sessions \$360.00

Add To Cart

3 MONTH

Unlimited | 3 Month Membership (Autopay)

Unlimited \$189.00/Month

Add To Cart

6 MONTH

Unlimited | 6 Month Membership (Autopay)

Unlimited \$169.00/Month

Add To Cart

12 MONTH

Unlimited | 12 Month VIP Membership (Autopay)

Unlimited \$149.00/Month

Add To Cart

12 MONTH

Unlimited | 12 Month VIP Membership (Prepaid)

Unlimited \$1599.00/12 Month(S)

Add To Cart

ONE-ON-ONE

One-On-One Yoga | 1 Session (60mins)

1 Session \$110.00

Add To Cart

ONE-ON-ONE

One-On-One Yoga | 3 Session Pack

3 Sessions \$300.00

Add To Cart

ONE-ON-ONE

One-On-One Fitness | 1 Session (60mins)

1 Session \$110.00

Add To Cart

ONE-ON-ONE

One-On-One Fitness | 3 Session Pack

3 Sessions \$300.00

Add To Cart

SMALL GROUP

Small Group | Private Session

1 Session \$150.00

Add To Cart

SMALL GROUP

Small Group | 3 Session Pack

3 Sessions \$425.00

Add To Cart

LARGE GROUP

Large Group | Private Session

1 Session \$240.00

Add To Cart

LARGE GROUP

Large Group | 3 Session Pack

3 Sessions \$695.00

Add To Cart

DROP-IN

In-Home | Drop-In

1 Session \$14.00

Add To Cart

ONE MONTH

In-Home | 1 Month Unlimited

Unlimited \$110.00/Month

Add To Cart

6 MONTH

In-Home | 6 Month Unlimited (Autopay)

Unlimited \$95.00/Month

Add To Cart

12 MONTH

In-Home | 12 Month Unlimited (Autopay)

Unlimited \$89.00/Month

Add To Cart

12 MONTH

In-Home | 12 Month Unlimited (Prepaid)

Unlimited \$950.00/12 Month(S)

Add To Cart

1 WEEK

VOD | 1 Week Pass

\$9.99

Add To Cart

12 MONTH

VOD | Monthly (Autopay)

\$19.99

Add To Cart

12 MONTH

VOD | Annual (Prepaid)

\$199.00

Add To Cart

Light In The Darkness | Sound Bath & Forest Medicine

Nov 21, 2026 \$77.00

Add To Cart

SOMATIC STRESS RELIEF WORKSHOP

Somatic Stress Relief Workshop

Nov 7, 2026 \$55.00

Add To Cart

SOMATIC STRESS RELIEF WORKSHOP (HOME)

Somatic Stress Relief Workshop (Home)

Nov 7, 2026 \$55.00

Add To Cart

REIKI LEVEL 1 & 2 CERTIFICATION PACKAGE

Reiki Level 1 & 2 Certification Package

\$648.00

Add To Cart

\$30 DONATION

1 Session \$30.00

Add To Cart

\$40 DONATION

1 Session \$40.00

Add To Cart

\$100 DONATION

1 Session \$100.00

Add To Cart

\$50 DONATION

1 Session \$50.00

Add To Cart

\$75 DONATION

1 Session \$75.00

Add To Cart

TRAUMA SENSITIVE YOGA

Trauma Sensitive Yoga | Initial Session (90mins)

1 Session \$150.00

Add To Cart

TRAUMA SENSITIVE YOGA

Trauma Sensitive Yoga | Follow-Up Session (60mins)

1 Session \$125.00

Add To Cart

TRAUMA SENSITIVE YOGA

Trauma Sensitive Yoga | 3 Session Program

\$375.00

Add To Cart

PAIN CARE YOGA

Pain Care Yoga | Initial Session (90mins)

1 Session \$150.00

Add To Cart

PAIN CARE YOGA

Pain Care Yoga | Follow-Up Program

1 Session \$125.00

Add To Cart

PAIN CARE YOGA

Pain Care Yoga | 3 Session Program

\$375.00

Add To Cart

YOGA THERAPY

Yoga Therapy | Initial Session (90mins)

1 Session \$150.00

Add To Cart

YOGA THERAPY

Yoga Therapy | Follow-Up Session (60mins)

1 Session \$125.00

Add To Cart

YOGA THERAPY

Yoga Therapy | 3 Session Program

\$375.00

Add To Cart

REIKI ENERGY HEALING

Reiki | Initial Session (90mins)

1 Session \$125.00

Add To Cart

REIKI ENERGY HEALING

Reiki | Follow-Up Session (60mins)

1 Session \$100.00

Add To Cart

REIKI ENERGY HEALING

Reiki | 3 Session Pack

\$275.01

Add To Cart

REIKI MASTER ENERGY HEALING

Reiki Master | Initial Session (90mins)

1 Session \$150.00

Add To Cart

REIKI MASTER ENERGY HEALING

Reiki Master | Follow-Up Session (60mins)

1 Session \$125.00

Add To Cart

REIKI MASTER ENERGY HEALING

Reiki Master | 3 Session Follow-Up Pack

\$100.00

Add To Cart

REIKI 30MINS

Reiki | Additional Time (30mins)

\$55.00

Add To Cart

SOULSYNC REIKI ENERGY HEALING

SoulSync Alchemy | Reiki Master Initial Session (90mins)

1 Session \$175.00

Add To Cart

SOULSYNC REIKI ENERGY HEALING

SoulSync Alchemy | Reiki Master Follow-Up Session (60mins)

1 Session \$150.00

Add To Cart

SOULSYNC REIKI ENERGY HEALING

SoulSync Alchemy | Reiki Master 3 Session Follow-Up Pack

\$425.01

Add To Cart

CARD READING SPIRITUAL GUIDANCE

Card Reading (30mins)

1 Session \$55.00

Add To Cart

CARD READING SPIRITUAL GUIDANCE

Card Reading (60mins)

1 Session \$100.00

Add To Cart

CARD READING SPIRITUAL GUIDANCE

Card Reading | 2 Person (30mins/Per)

1 Session \$100.00

Add To Cart

CARD READING SPIRITUAL GUIDANCE

Card Reading | 2 Person (60mins/Per)

1 Session \$190.00

Add To Cart

GIFT CARD

Gift Card

\$25.00 - \$100.00

Choose Amount

THAI MASSAGE

Thai Massage (90mins)

1 Session \$111.00

Add To Cart

THAI MASSAGE

Thai Massage (60mins)

1 Session \$88.00

Add To Cart

INITIATION | REIKI LEVEL I TRAINING

Initiation | Reiki Level I Training

Oct 17, 2026 - Oct 18, 2026 \$325.00

Add To Cart

AMPLIFY | REIKI LEVEL II TRAINING

Amplify | Reiki Level II Training

Nov 14, 2026 - Nov 15, 2026 \$399.00

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Sweet Serenity

YOGA AND FITNESS

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Classes

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Sweet Serenity

YOGA AND FITNESS

8330-112 St, Delta, BC V4C 7A2

info@sweetserenityyoga.com

604-603-YOGA (9642)

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Terms of Use Privacy Policy

Video-On-Demand

Your wellness, anytime, anywhere.

Access our ever-growing Video-On-Demand Library filled with classes that move your body, calm your mind, and nourish your spirit – all from the comfort of home. Choose from Yoga, Barre, Mat Pilates, and Fusion Fitness, plus meditations, sound baths, and special workshops designed to meet you exactly where you are.

Whether you've got 15 minutes or a full hour, you'll find classes that fit your schedule and your mood – guided by the same caring instructors you know and love from our North Delta studio.

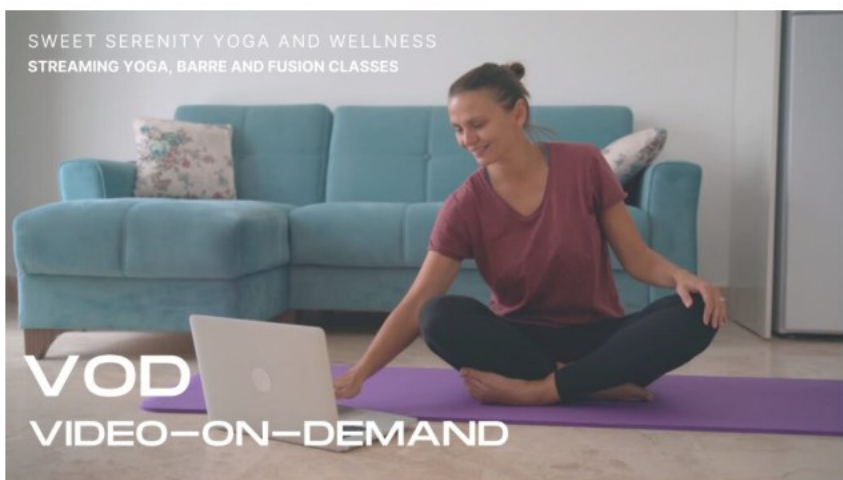
- Move when you want.
- Breathe at your own pace.
- Stay connected to your Sweet Serenity #commUNITY – wherever you are.

Access Your On-Demand Library

To enjoy our Video-On-Demand classes, ***please sign in to your account here.***

Ensure you have an active VIP Membership or VOD Pass.

Once activated, your library will unlock – giving you full access to move, breathe, and practice anytime.



Video-on-Demand

- **VOD | 1 Week Pass – \$9.99**

1 Week

VOD | 1 Month Pass – \$19.99

1 Month

VOD | Annual (Prepaid) – \$199

12 Months



Yoga Classes

Move, breathe, and reconnect through a variety of yoga styles that support strength, flexibility, and mindful awareness – for every level of practice.

Yoga Classes



Relax & Restore | Stretch Classes

Slow down, soften, and release tension with gentle stretch-based classes designed to calm the nervous system and leave you feeling deeply relaxed and restored.

Stretch Classes



Fusion Fitness Classes

A dynamic blend of strength, cardio, and functional movement to energize your body, build endurance, and keep your workouts fresh and fun.

Fusion Classes



Barre Classes

Sculpt, tone, and strengthen with low-impact, high-burn movements inspired by ballet – designed to build long, lean muscles and boost confidence.

Barre Classes

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Breathe In, Begin Here

New to Sweet Serenity? Claim your 2-Week Intro Pass or Starter Pack and be on the mat in minutes—no overwhelm, just good vibes.

Choose Your Intro Offer

Pricing

Why Start Here?

Scrolling through studios and trying to find where you belong? **We get it!**

At **Sweet Serenity Yoga and Fitness**, we make it easy for *everyone* to feel welcome and supported no pressure, no judgment, just genuine connection.

Whether you're brand new to yoga or a seasoned mover, our caring instructors meet you exactly where you are. Expect clear guidance, uplifting energy, and a community that celebrates progress over perfection.

Explore yoga, discover new fitness styles, and move at your own pace all while feeling seen, supported, and inspired.

Welcome home to Sweet Serenity where your wellness journey truly begins



Two Easy Choices

We listened to what new students wanted: clarity and ease. That's why we designed two straightforward intro offers. Pick the path that feels right for you, book your first class and exhale.

Pick Your Perfect Intro Offer

Whether you thrive on group energy or prefer one-on-one care, Sweet Serenity Yoga offers both.



01

2-Week Intro

Are you ready to move, breathe, and feel amazing?

Enjoy 14 days of unlimited group classes. Explore Yoga, Barre, Pilates, and Fusion Fitness at your own pace. It's the perfect way to sample different styles and find the ones that help you feel your best!

Get My 2-Week Pass

02

Starter Pack

Let's get started—your mat is waiting!

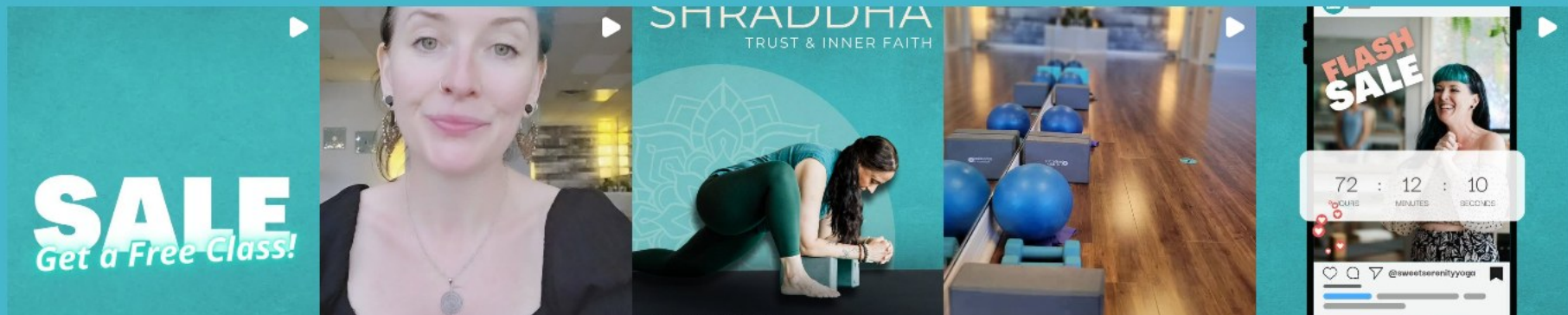
Unlimited classes for 14 days plus a 60-minute private beginner session with one of our instructors. Great if you're brand new to yoga, want guidance with fitness moves, or simply prefer a more personalized start!

Get My Starter Pack

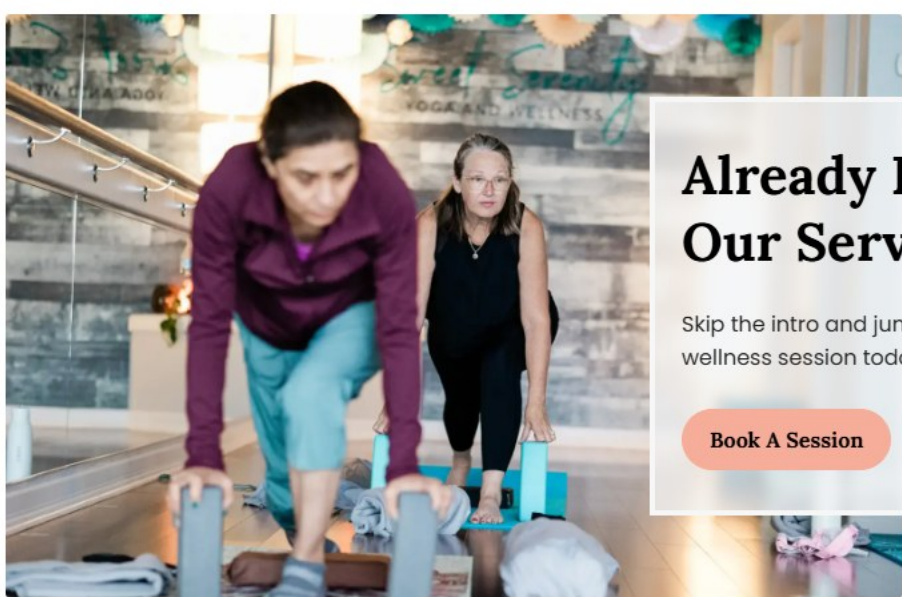


Follow Us For Weekly Wellness Tips

Quick stretches, mindset shifts, and behind-the-scenes moments delivered fresh on Instagram every Monday.



Follow @sweetserenityyoga



Already Familiar With Our Services?

Skip the intro and jump right in! Book a class or 1:1 wellness session today.

Book A Session

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One-On-One Wellness, Tailored To You

Discover deeper layers of self-connection and healing through Reiki, Yoga Therapy, or RMT Massage gentle modalities that guide you inward, nurture your growth, and help you find balance from the inside out.

Explore Our 6 Wellness Paths



01

RMT Massage

Services:

Registered Massage Therapy (RMT)

Why Book It?

Relieve chronic tension, restore mobility, and soothe your nervous system in our peaceful treatment room.

[Book RMT Massage](#)

02

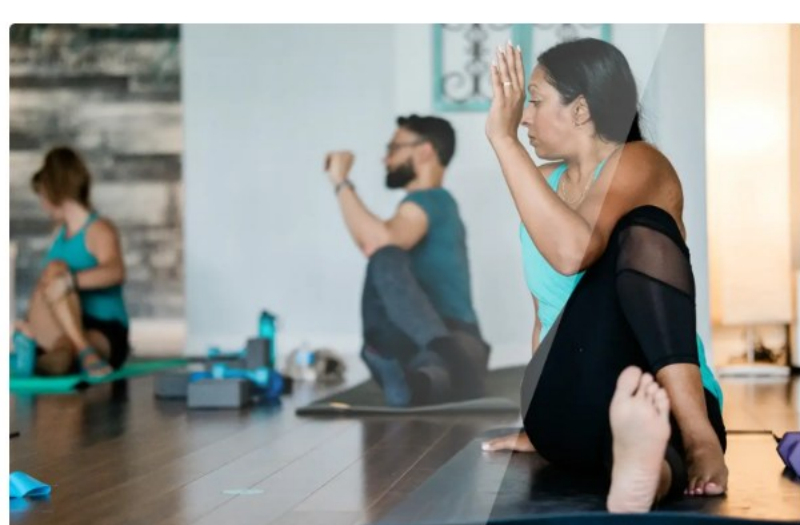
Energy Healing

Services:

Reiki Energy Healing · Card Readings

Why Book It?

Balance energy, deepen intuition, and leave with a lighter spirit. Certified Reiki Masters and intuitive readers guide each session.

[Book Reiki Energy Healing](#)

03

Yoga Therapy

Services:

Trauma-Sensitive Yoga · Yoga Therapy · Pain Care Yoga

Why Book It?

Personalized, somatic-based movement that restores mobility and calms the nervous system. Sessions adapt to injury, PTSD, or chronic pain.

[Book Yoga Therapy](#)

Ideal for those searching yoga appointments in Vancouver or private yoga sessions with expert guidance.

04

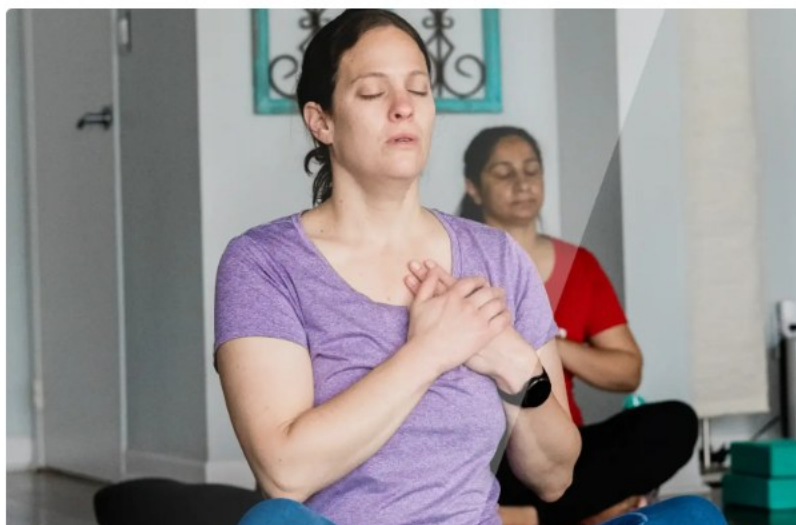
Mental-Health Support

Services:

Trauma Sensitive Yoga

Why Book It?

Break patterns, reduce anxiety, and gain coping tools through mindful movement.

[Find Safety In Movement](#)

05

Spiritual Guidance

Go deeper with a personalized Card Reading to gain clarity around life's bigger questions, relationships, or next steps. Each session offers intuitive insights to support your healing, growth, and self-discovery.

[Book Private Sessions](#)

06

Private Yoga & Fitness

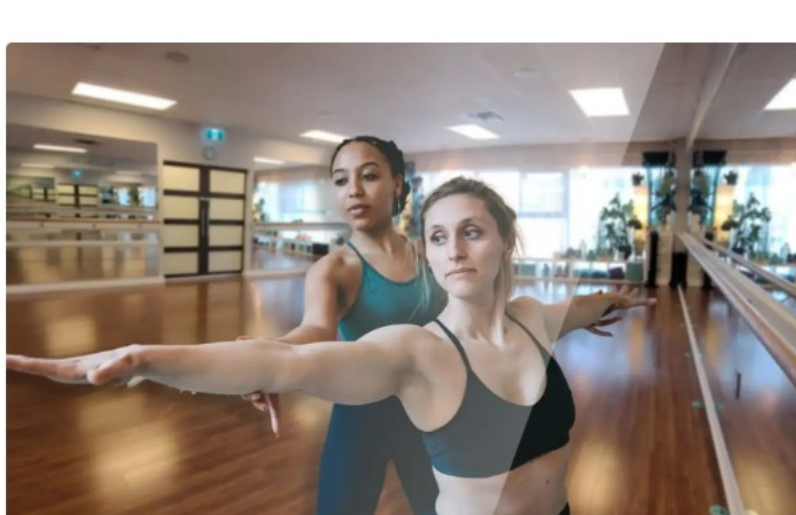
Services:

One-on-one yoga, mobility, or fitness appointments tailored to your goals.

Why Choose Private Sessions?

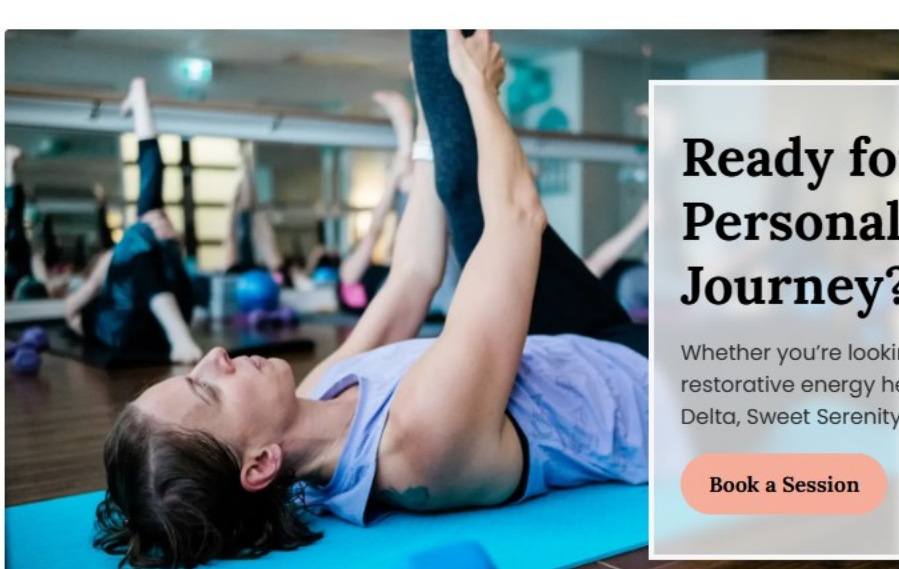
- **Integrated with Your Practice** – Complements group classes for whole-person wellness.
- **Certified Practitioners** – RTCs, Reiki Masters, RMT-equivalent bodyworkers, NDs.
- **Serene, Private Treatment Room** – Quiet space within the studio for total focus.
- **Easy Online Booking** – Choose service, pick a time, confirm—no phone tag.

Great for those seeking fitness appointments or custom yoga sessions in Vancouver.

[Book Private Sessions](#)

Follow Us For Weekly Wellness Tips

Quick stretches, mindset shifts, and behind-the-scenes moments delivered fresh on Instagram every Monday.

[Follow @sweetserenityyoga](#)

Ready for Your Personalized Wellness Journey?

Whether you're looking for private one-on-one sessions, restorative energy healing, or massage services here in North Delta, Sweet Serenity makes it simple.

[Book a Session](#)[Free 15-Min Discovery Call](#)

Manage Your Program With Ease

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info@sweetserenityyoga.com

604-603-YOGA (9642)





Reach Out & Exhale – We’re Here For You

Questions, bookings, or collaboration ideas? Drop us a line, call, or stop by our bright North Delta studio.

Let’s Get In Touch

Have a question or need support? Fill out the form below and we'll get back to you within one business day.

First Name *

Enter First Name

Last Name *

Enter Last Name

Email *

Email

Write Us A Message

Enter Your Message Here

Send Message



Our Address

8330-112 St, Delta, BC V4C 7A2



Email Address

info@sweetserenityyoga.com



Telephone

604-603-YOGA (9642)



Social Links

Stay inspired, join events, and keep up with studio updates



Office Timing

Monday:	9:00 am – 10:30 am 4:45 pm – 8:00 pm
Tuesday To Thursday:	9:00 am – 10:30 am 5:00 pm – 9:30 pm
Friday:	9:00 am – 10:30 am 5:00 pm – 8:00 pm
Saturday:	8:45 am – 12:00 pm
Sunday:	8:45 am –12:00 pm

Ready To Visit?

Call us at 604-603-YOGA (9642) or send a quick message we can't wait to welcome you to Sweet Serenity Yoga & Wellness.

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Appointments

Sweet Serenity Yoga and Fitness 8330-112th Street, Delta, British Columbia V4C 7A2, Canada

Search by service name...

Select a service to book

Explore services below

RMT Massage



Yoga Therapy



Reiki - Energy Healing



Thai Yoga Massage



Private Yoga/Fitness Sessions

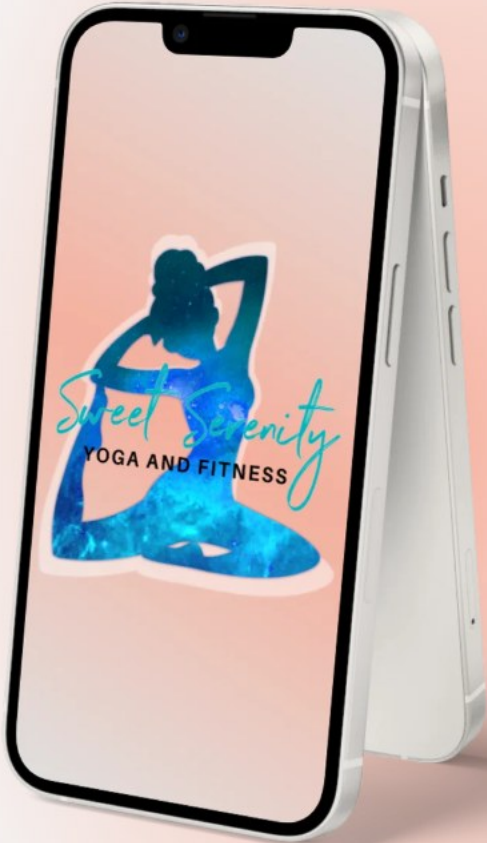


Card Readings



Manage Your Program With Ease

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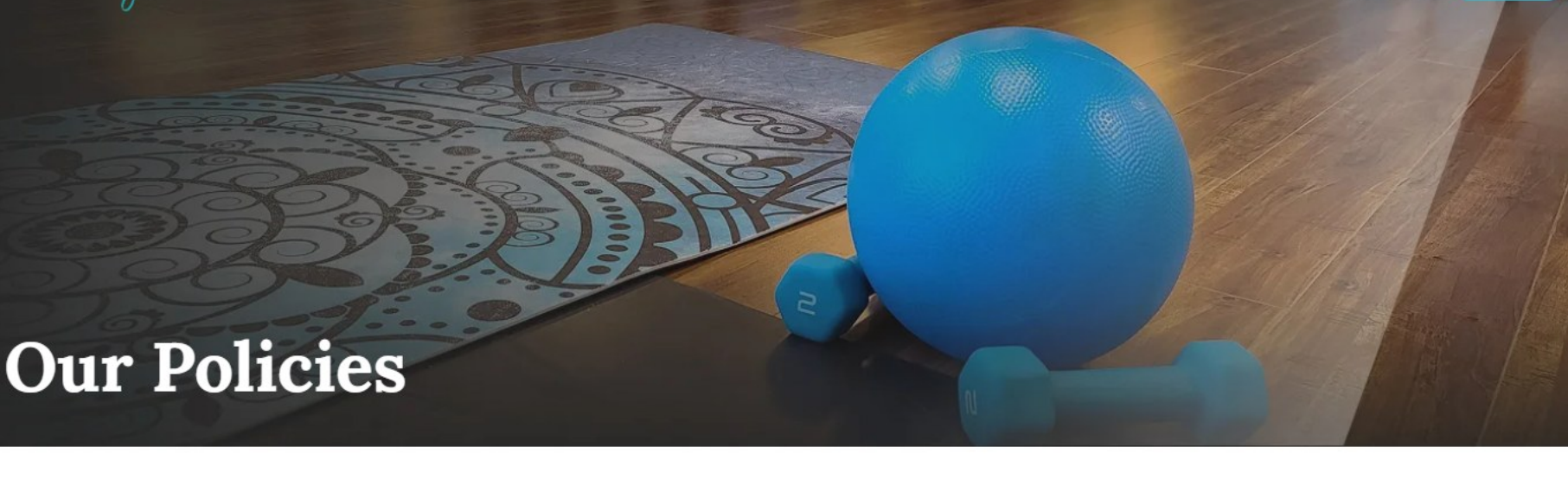
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Our Policies

Studio Guidelines

WELCOME TO SWEET SERENITY YOGA AND FITNESS!

We're excited to have you join our community. To ensure a smooth and enjoyable experience for everyone, please take a moment to review our guidelines:

Arrive Ahead Of Time

- **Enjoy Free Parking:** We provide ample free parking onsite.
- **Arrive Early:** Please arrive 10 minutes before class to check in and get settled. This allows us to start on time and maintain a peaceful environment. ***No late entry will be permitted.**
- **Quiet Entry and Exit:** Enter and leave the studio quietly, and take a moment to sit in quiet meditation to prepare for class. We encourage #community, but please keep conversations at a low volume.
- **Silence Mobile Devices:** Please silence your phones as a courtesy to others.
- **Pre-Registration Required:** Please register for your class in advance. *No walk-ins accepted.*

First Time At Our Studio?

- **Sign In:** All students must sign in at the front desk tablet. **New students need to sign a waiver before their first class.* Please arrive 15 minutes early to do so. Online waivers through Wellness Living or our free app are also accepted.
- **Get Comfortable:** Take a look around and get familiar with your new yoga studio.
- **Inform Your Teacher:** Let your teacher know if you have any injuries or if you're new to yoga.
- **Age Requirement:** Group public classes are for students aged 16 and over. Students aged 16-18 require signed participating parental consent.
- **Notify if Leaving Early:** Please inform the instructor if you need to leave early. We want to ensure you are okay.

Happy Soles

- **Bare Feet:** Leave your shoes on the rack provided at the entrance.
- **Keep It Clutter-Free:** Use the cubbies for extra items and keep personal belongings out of the practice space.
- **Bring a filled Reusable Water Bottle:** Hydration is key!

Be Courteous

- **Avoid Perfumes:** Some people are allergic.
- **Be Neat, Quiet, and Mindful:** Enter and leave the studio quietly and tidily.
- **Be Friendly:** Sweet Serenity Yoga and Fitness is a community-centred space. Say hello to someone new!

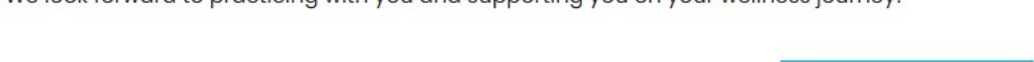
Health And Safety

- **Health Concerns:** If you have health concerns, see your doctor before practicing and bring a note to class. We do not and cannot offer medical advice.
- **Pregnant Students:** A doctor's note is required.
- **Look After Your Body:** Ask for modifications and choose a class that suits your body and fitness level.
- **Sanitize and Replace Props:** At the close of the class, please sanitize and replace all props and mats to their proper location. Mat cleaner is provided.
- **Attend in Good Health:** If you're feeling unwell or have anything contagious, please stay home and take care of your body.
- **Join online:** Can't make it to class but still want to participate? Join us online instead!

Stay Safe

- **Listen to Your Body:** Yoga should never be painful. If something doesn't feel right, don't do it. Ask your instructor for another option.
- **Rest When Needed:** Feel free to rest whenever you need to. Sit back into Child's pose or lay in Savasana.
- **Choose the Right Class:** If you're new to yoga, start with Gentle Hatha, Slow Flow, or Classic Barre. We also periodically offer beginner sessions to provide the basics in a workshop setting – check our schedule for upcoming sessions.
- **Unsure Which Class to Take?:** See our Class Descriptions for more information.
- **Terms and Conditions:** For information on buying passes, pausing your pass, and returns/refunds, see our Terms/Conditions

We look forward to practicing with you and supporting you on your wellness journey!



CANCELLATION POLICY

We appreciate your commitment to our classes and want to make sure everyone has the best experience possible. Here are our guidelines to help maintain a smooth and enjoyable process:

Pre-Registration Required

- **No Walk-ins:** Please pre-register for your classes to secure your spot.

Timeliness

- **Arrive on Time:** To maintain a peaceful environment and out of respect for fellow students, we ask that you arrive on time. *Unfortunately, we cannot allow late entry.*

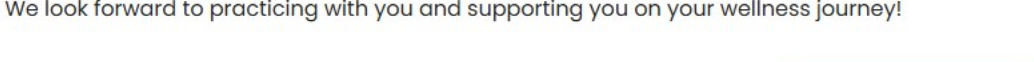
Late Cancellation & No-Show Policy

- **Late Cancellation:** Please give at least 1 hour notice. A \$5 late cancellation fee applies.
- **No Shows:** \$10 no-show fee will be charged.

Waitlist

- **Always Join the Waitlist:** If a class is full, don't worry! Put yourself on the waitlist. Our attendance list frequently changes, and there's a good chance you'll get into the class. You'll move off the waitlist and into the class most of the time!

We look forward to practicing with you and supporting you on your wellness journey!



Terms And Conditions

- **Payment for classes** – Payment is always due prior to services rendered.
- **Why do memberships** and passes have expiry dates? We do it for you! Purchasing a contract is making a commitment to yourself, your health, and your body. You are paying Sweet Serenity Yoga and Wellness for a service; incentive, encouragement, and accountability are part of that service. If you're taking classes and want to see results, we think the expiration dates will guide you to the best results.
- **Refunds and transfers** – All passes and purchases have an expiration date and are non-refundable. We will not give refunds for classes not taken or partially taken. Passes can only be used for regularly scheduled classes and exclude special workshops and registered series. If a credit card purchase is made erroneously and a refund is requested, please note that a fee equal to the interchange rate will be deducted from the refund. You may not allow another person to use your membership or its benefits; doing so may result in suspension and/or cancellation, with any outstanding balance due payable immediately.
- **Freezing and holding packages/series** – We do not extend freezes for packages unless the circumstances are dire, as in extreme illness or injury on a case-by-case basis. Class packages may not be extended to accommodate business travel or vacation dates!
- **Workshops/Series/Programs payment** – A deposit is required (if applicable to the program), and tuition payment is required in full on the first day of class unless there is a specific payment plan offered and selected at the time of purchase. If you select the payment plan option (if applicable to the workshop/series/program you are participating in), the deposit (if applicable) plus the first installment is due on the first day of class. No exceptions. Registration can be completed over the phone or online.
- **Ending a contract/Cancellations** – Students can only cancel their autopay membership if they have completed their minimum contract commitment. *We require 30 days written notice to cancel any autopay membership* – If the minimum commitment is *not met*, they can leave their contract early by *paying for half of the remaining time left on their pass* (minimum charge of one month).
- **Transfers:** Time transferred to another student will be added to that student's existing commitment (or new student) in order for the original pass-holder to leave their contract early. All future payments remaining on the contract will be transferred over and the responsibility of the transferee to pay the monthly cost. A \$50 transfer fee will be charged to the original pass holder.
- **Why 'no refund' policy?**
That the number of classes run, teachers pay, advertising, rent, expenses etc, is based on the number of passes sold. That when a student agrees to pay with post-dated debit/credit card, we are actually offering a discount based on the commitment we are receiving. Our monthly payment plan (without added cost to the student) was meant to make it easier for a student to pay. *Though we acknowledge many businesses offer refunds, being an independent small community business, we don't have the reserve or resources larger companies do. We have a no refund policy the same way small, independent stores have the same. Instead, we have offered our transfer and suspension policies to help address students' concerns, which can then also allow Sweet Serenity Yoga and Wellness to stay sustainable.
CPA Regulations: As of January 2019, Sweet Serenity Yoga and Wellness' Cancellations, Transfer and Suspension policies are amended to follow the regulations set out by the Canadian Consumer Protection Act. For more information please visit CPA's [website](#).
- **Workshops/Series/Programs cancellation** – If you cancel 7+ days prior to the program start date, you will be issued a refund minus a 10% administration fee. No refunds, transfers or credits for cancellations within 7 days of the scheduled start date. In addition, no refunds or credits for failure to attend or complete the session.
- **Workshops/Series/Programs schedule changes** – Sweet Serenity Yoga and Wellness reserves the right to cancel or change the date of a class, workshop, or specialty class at any time. We will do our very best to notify all students by email, text, social postings, our website, and by verbal announcements as soon as possible.
- **Inclement weather cancellations** – On some occasions, it may become necessary to close the studio due to inclement weather. Please check your email and/or Facebook and this website for weather cancellations.
- *You agree to abide by all Sweet Serenity Yoga and Wellness' rules, regulations, and schedules.* These may be amended from time to time, at Sweet Serenity Yoga and Wellness' sole discretion.



Ending A Contract

Cancellations: We require 30 days written notice to cancel any autopay membership. Students can cancel their autopay membership ***if they have completed their minimum contract commitment***. If the minimum commitment is not met, they can leave their contract early by *paying for half of the remaining time left on their pass* (minimum charge of one month).

Transfers: Time transferred to another student will be added to that student's existing commitment (or new student) in order for the original pass-holder to leave their contract early. All future payments remaining on the contract will be transferred over and the responsibility of the transferee to pay the monthly cost. A \$50 transfer fee will be charged to the original pass holder. **Please note no transfers, holds, or refunds on trial passes.*

WHY NO REFUND POLICY?

The number of classes run, teachers pay, advertising, rent, expenses etc., is based on the number of passes sold. When a student agrees to pay with a post-dated debit/credit card, **we are actually offering a discount** based on the commitment we are receiving. Our monthly payment plan (without added cost to the student) was meant to make it easier for a student to pay.

*Though we acknowledge many businesses offer refunds, being an independent small community business hit hard by multiple COVID closures, we don't have the reserve or resources larger companies do. We have a no refund policy the same way small, independent stores have the same. Instead, we have offered our transfer and suspension policies to help address students' concerns, which can then also allow Sweet Serenity Yoga and Wellness to stay sustainable.

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Read Our Policy PDF

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