



Collective Soul Space

# January Schedule

**Come to Class, win a Pass!**  
 For each class you attend in January, you can enter your name for a chance to win a 10-class punch pass. See you at the studio!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>10:45 – 11:45 AM</b> <b>Infant Yoga</b> Christine Lewandowski-Shannon <i>Jan 15 - Feb 19*</i>				<b>9:00 – 10:00 AM</b> <b>POUND®</b> Melissa Cyr <i>Jan 5 - March 2*</i> <i>No class Jan 26</i>	<b>10:00 – 11:00 AM</b> <b>Zumba</b> Melissa Cyr <i>Jan 6 - March 10*</i> <i>No class Jan 20 or 27</i>
<b>12:10 – 12:50 PM</b> <b>Mindful Movement and Meditation</b> Maureen Tonge	<b>12:10 – 12:50 PM</b> <b>Stretch &amp; Strengthen Hatha Yoga</b> Maureen Tonge <i>Starts Jan 8</i>	<b>12:10 – 12:50 PM</b> <b>Challenge Yourself Flow</b> Jahliele Paquin	<b>12:10 – 12:50 PM</b> <b>Core Power Yoga</b> Jahliele Paquin	<b>12:10 – 12:50 PM</b> <b>Nia</b> Johanna Tiemessen	<b>11:00 AM – 12:30 PM</b> <b>Yoga Foundations</b> Dawna Marriott <i>Jan 12 - Feb 16*</i>	<b>11:30 AM – 12:30 PM</b> <b>Family Yoga</b> Heather Chang <i>Jan 13 - Feb 17*</i>
<b>5:30 – 6:45 PM</b> <b>Nia</b> Johanna Tiemessen	<b>5:30 – 6:45 PM</b> <b>Dancing for Birth</b> Johanna Tiemessen <i>Jan 15 - Feb 26*</i>	<b>5:30 – 6:45 PM</b> <b>Kundalini Yoga for Stress Relief</b> Maureen Tonge <i>Starts Jan 9</i>	<b>5:30 – 6:30 PM</b> <b>Yin Yoga</b> Dawna Marriott	<b>5:30 – 6:30 PM</b> <b>Reset &amp; Reboot Restorative Yoga</b> Maureen Tonge	<b>2:00 – 3:00 PM</b> <b>Preteen Yoga</b> Heather Chang <i>Jan 12 - Feb 16*</i>	<b>1:00 – 1:45 PM</b> <b>Kids Yoga</b> Heather Chang & Christine Lewandowski-Shannon <i>Jan 13 - Feb 17*</i>
<b>7:15 – 8:45 PM</b> <b>Art &amp; Yoga of Mandala</b> Maureen Tonge <i>Jan 7 - Jan 28*</i>	<b>7:15 – 8:15 PM</b> <b>Insanity Live®</b> Melissa Cyr <i>Jan 8 - March 5*</i> <i>No class Jan 29</i>	<b>7:15 – 8:15 PM</b> <b>Zumba</b> Melissa Cyr <i>Jan 2 - Feb 27*</i>		<i>* Session is pre-registered. Email <a href="mailto:cssnwt@gmail.com">cssnwt@gmail.com</a></i>	<b>7:00 – 9:00 PM</b> <b>Restorative Yoga &amp; Healing Gong Bliss</b> Maureen Tonge <i>Jan 13 &amp; 27 ONLY*</i>	<b>7:00 – 9:00 PM</b> <b>Full Moon Meditation &amp; Gong Bath</b> Maureen Tonge <i>Jan 20 ONLY (pre-registration encouraged)</i>