



## Collective Soul Space

# February Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p><b>10:45 – 11:45 AM</b>  <b>Infant Yoga</b>            Christine Lewandowski-Shannon  <i>Last class Feb 26*</i></p>				<p><b>9:00 – 10:00 AM</b>  <b>POUND®</b>            Melissa Cyr  <i>Jan 5 - March 2*</i></p>	<p><b>10:00 – 11:00 AM</b>  <b>Zumba</b>            Melissa Cyr  <i>Jan 6 - March 10*</i></p>
<p><b>12:10 – 12:50 PM</b>  <b>Yoga Nidra</b>  <b>Feb 4 &amp; 11</b>            Christa Domchek  <b>Restorative Mindfulness</b>  <b>Feb 18 &amp; 25</b>            Christine Lewandowski-Shannon</p>	<p><b>12:10 – 12:50 PM</b>  <b>Stretch &amp; Strengthen Hatha Yoga</b>            Dawna Marriott</p>	<p><b>12:10 – 12:50 PM</b>  <b>Challenge Yourself Flow</b>            Jahliele Paquin</p>	<p><b>12:10 – 12:50 PM</b>  <b>Core Power Yoga</b>            Jahliele Paquin</p>	<p><b>12:10 – 12:50 PM</b>  <b>Nia</b>            Johanna Tiemessen</p>	<p><b>11:00 AM – 12:30 PM</b>  <b>Yoga Foundations</b>            Dawna Marriott  <i>Last class Feb 16*</i></p>	<p><b>11:30 AM – 12:30 PM</b>  <b>Family Yoga</b>            Heather Chang  <i>Last class Feb 24*</i></p>
<p><b>5:30 – 6:45 PM</b>  <b>Nia</b>            Johanna Tiemessen</p>	<p><b>5:30 – 6:45 PM</b>  <b>Dancing for Birth</b>            Johanna Tiemessen  <i>No class Feb 12*</i></p>	<p><b>5:30 – 6:30 PM</b>  <b>Slow Embodied Flow</b>            Elissa Boyd McGee</p>	<p><b>5:30 – 6:30 PM</b>  <b>Yin Yoga</b>            Dawna Marriott</p>	<p><b>5:30 – 6:30 PM</b>  <b>Reset &amp; Reboot</b>  <b>Restorative Yoga</b>            Christine Lewandowski-Shannon</p>		<p><b>1:00 – 1:45 PM</b>  <b>Kids Yoga</b>            Heather Chang &amp;            Christine Lewandowski-Shannon  <i>Last class Feb 17*</i></p>
<p><b>7:15 – 8:45 PM</b>  <b>Adapted Yoga</b>  <b>Yoga for MS</b>            Christa Domchek  <i>10-week session starts Feb 4*</i></p>	<p><b>7:15 – 8:15 PM</b>  <b>Insanity Live®</b>            Melissa Cyr  <i>Jan 8 - March 5*</i></p>	<p><b>7:15 – 8:15 PM</b>  <b>Zumba</b>            Melissa Cyr  <i>Jan 2 - Feb 27*</i></p>			<p><i>* Session is pre-registered. Email <a href="mailto:cssnwt@gmail.com">cssnwt@gmail.com</a></i></p>	<p><b>7:00 – 9:00 PM</b>  <b>Restorative Yoga &amp; Healing Gong Bliss</b>            Maureen Tonge  <i>February 24 ONLY*</i></p>