



# Collective Soul Space March Schedule

We are excited to have guest teachers Jolene Tse & Trevor Uruski in the studio for the following pre-registered workshops!

Friday, March 22: 7:00 – 8:30 PM **Ascension Sound Bath and Meditation**  
 Saturday, March 23 and Sunday, March 24: 10:00 AM – 3:00 PM **Gateway within Cosmic Consciousness... The Power of Sound! Light Love... Soulful Magic!**  
 Tuesday, March 26: 7:00 – 8:30 PM **Ascension Sound Bath and Meditation**

To register for any or all of these workshops, call Janice at (867) 392-7199

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>12:10 – 12:50 PM</b>  <b>Restorative Mindfulness</b>            Christine Lewandowski-Shannon  <b>March 4 &amp; 11</b>  <b>Yoga Nidra</b>            Christa Domchek  <b>March 18 &amp; 25</b></p> <p><b>5:30 – 6:45 PM</b>  <b>Nia</b>            Johanna Tiemessen</p> <p><b>7:15 – 8:45 PM</b>  <b>Adapted Yoga</b>  <b>Yoga for MS*</b>            Christa Domchek</p>	<p><b>12:10 – 12:50 PM</b>  <b>Stretch &amp; Strengthen Hatha Yoga</b>            Dawna Marriott</p> <p><b>5:30 – 6:45 PM</b>  <b>Dancing for Birth</b>            Johanna Tiemessen  <b>Drop-in class for March!</b></p> <p><b>7:15 – 8:15 PM</b>  <b>Insanity Live®</b>            Melissa Cyr  <b>March 5 ONLY</b></p>	<p><b>12:10 – 12:50 PM</b>  <b>Challenge Yourself Flow</b>            Jahliele Paquin</p> <p><b>5:30 – 6:30 PM</b>  <b>Kundalini Yoga</b>            Leslie Gray</p> <p><b>7:15 – 8:30 PM</b>  <b>Curvaceous Yoga</b>            Natasha McCagg</p>	<p><b>12:10 – 12:50 PM</b>  <b>Core Power Yoga</b>            Jahliele Paquin</p> <p><b>5:30 – 6:30 PM</b>  <b>Yin Yoga</b>            Dawna Marriott</p>	<p><b>12:10 – 12:50 PM</b>  <b>Nia</b>            Johanna Tiemessen  <b>No class March 22</b></p> <p><b>5:30 – 6:30 PM</b>  <b>Reset &amp; Reboot Restorative Yoga</b>            Christine Lewandowski-Shannon  <b>No class March 22 &amp; 29</b></p> <p><b>7:00 – 8:00 PM</b>  <b>Chair Yoga</b>            Natasha McCagg  <b>March 8 ONLY FREE!</b></p> <p><b>6:00 – 10:00 PM</b>  <b>Date Night for You &amp; Yoga Fun and Games for the Kiddos (Ages 4-11)*</b>            Natasha McCagg  <b>March 29 ONLY</b></p>	<p><b>9:00 – 10:00 AM</b>  <b>POUND®</b>            Melissa Cyr  <b>March 2, 9 and 30</b></p> <p><b>11:00 AM – 12:30 PM</b>  <b>Focused Foundations</b>  <b>March 16: Inversions</b>  <b>March 30: Balancing</b>            Dawna Marriott</p> <p><b>1:00 – 2:00 PM</b>  <b>Gentil Yoga for Grandparents, Grandkids &amp; Families</b>            Natasha McCagg  <b>March 9 ONLY FREE!</b></p> <p><b>5:30 – 6:30 PM</b>  <b>Gentil Yoga + Yoga Nidra</b>            Natasha McCagg  <b>March 9 ONLY FREE!</b></p>	<p><b>10:00 – 11:00 AM</b>  <b>Zumba</b>            Melissa Cyr  <b>March 10, 17 and 31</b></p> <p><b>7:00 – 9:00 PM</b>  <b>Restorative Yoga &amp; Healing Gong Bliss</b>            Christine Lewandowski-Shannon and Maureen Tonge (fingers crossed!)  <b>March 31 ONLY*</b></p>