



## Collective Soul Space April Schedule

### Spiritual Awakening Workshop

We are excited to host this guest teacher workshop in the studio!  
Check out the event on our Facebook page for more information and registration information.

**Friday, April 26: 6:00 – 8:00 PM**

**Saturday, April 27: 10:00 AM – 4:00 PM**

**Sunday, April 28: 9:00 AM – 3:00 PM**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p><b>10:45 – 11:45 AM</b> <b>Infant Yoga</b> Christine Lewandowski-Shannon <i>6-week session</i> <i>April 16 - May 21*</i></p>				<p><b>11:00 AM – 12:30 PM</b> <b>Focused Foundations</b> Dawna Marriott <i>April 6: Back Bends</i> <i>April 13: Hips</i></p>	
<p><b>12:10 – 12:50 PM</b> <b>Restorative Mindfulness</b> Christine Lewandowski-Shannon <i>No class April 22</i></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> April 3: Elissa Boyd McGee April 10: Brittany Herriot April 17 &amp; 24: Sari Valensky</p>	<p><b>12:10 – 12:50 PM</b> <b>Core Power Yoga</b> April 4: Leslie Gray April 11 &amp; 18: Brittany Herriot April 25: Sari Valensky</p>	<p><b>12:10 – 12:50 PM</b> <b>Nia</b> Johanna Tiemessen <i>No class April 19</i></p>		
<p><b>5:30 – 6:45 PM</b> <b>Nia</b> Johanna Tiemessen <i>No class April 22</i></p>	<p><b>5:30 – 7:00 PM</b> <b>Dancing for Birth</b> Johanna Tiemessen <i>6-week session</i> <i>April 16 - May 21*</i></p>	<p><b>5:30 – 6:30 PM</b> <b>Kundalini Yoga</b> Leslie Gray <i>No classes April 17 and 24</i></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 Restorative Yoga</b> Christine Lewandowski-Shannon <i>No class April 19 or 26</i></p>		
<p><b>7:15 – 8:45 PM</b> <b>Adapted Yoga Yoga for MS</b> Christa Domchek <i>Pre-registered but drop-in permitted</i></p>	<p><b>8:00 – 9:00 PM</b> <b>Spring Hatha Yoga</b> Elissa Boyd McGee</p>	<p><b>7:15 – 8:30 PM</b> <b>Curvaceous Yoga</b> Natasha McCagg</p>	<p><b>7:15 – 9:00 PM</b> <b>PRIVATE RENTAL</b></p>	<p><b>7:00 – 9:00 PM</b> <b>Sip and Savasana (Beer Yoga)</b> Elissa Boyd McGee <i>April 5 ONLY*</i></p>	<p><b>3:00 - 4:30 PM</b> <b>PRIVATE RENTAL</b></p>	<p><b>2:00 - 5:30 PM</b> <b>PRIVATE RENTAL</b></p>
						<p><b>7:00 – 9:00 PM</b> <b>Restorative Yoga &amp; Healing Gong Bliss</b> Christine Lewandowski-Shannon <i>April 28 ONLY*</i></p>