



# Collective Soul Space September Schedule

Fall into Bliss with our September Anniversary Special

ONE DAY ONLY - Thursday, September 19

Buy a 10-class punch pass and receive 2 extra classes!

Join us at the Studio from 11:30 - 1:30 to purchase in person,  
or send an EMT to [cssnwt@gmail.com](mailto:cssnwt@gmail.com)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<p>10:45 – 11:45 AM <b>Infant Yoga</b> Christine Lewandowski-Shannon <i>Sept 18 – Oct 23*</i></p>			<p>10:30 – 11:15 PM <b>Pilates</b> Leslie Gray</p>	<p>10:00 AM – 11:00 AM <b>Family Yoga ages 2-5</b> Heather Chang <i>Sept 15 to Oct 27*</i> <i>No class Oct 13</i></p>
<p>12:10 – 12:50 PM <b>Mindful Movement and Meditation</b> Maureen Tonge <i>No class Sept 2</i></p>	<p>12:10 – 12:50 PM <b>Stretch &amp; Strengthen Hatha Yoga</b> Dawna Marriott</p>	<p>12:10 – 12:50 PM <b>Pilates</b> Leslie Gray</p>	<p>12:10 – 12:50 PM <b>Flow</b> Anne-Marie Guedon</p>	<p>12:10 – 12:50 PM <b>Nia</b> Johanna Tiemessen</p>		<p>11:15 AM – 12:15 PM <b>Family Yoga ages 6-9</b> Heather Chang <i>Sept 15 to Oct 27*</i> <i>No class Oct 13</i></p>
<p>5:30 – 6:45 PM <b>Nia</b> Johanna Tiemessen <i>No class Sept 2</i></p>	<p>5:30 – 6:45 PM <b>Dancing for Birth</b> Johanna Tiemessen <i>Sept 10 - Oct 22*</i> <i>No class Sept 17</i></p>	<p>5:30 – 6:45 PM <b>Kundalini Yoga</b> <i>Sept 4 and 11:</i> Maureen Tonge <i>Sept 18 and 25:</i> Leslie Gray</p>	<p>5:30 – 6:30 PM <b>Yin/Yang Yoga</b> Dawna Marriott</p>		<p>7:30 – 9:00 PM <b>Sip and Savasana Beer Yoga</b> Elissa Boyd McGee <i>Sept 7 ONLY*</i></p>	<p>7:00 – 9:00 PM <b>Full Moon Meditation and Healing Gong</b> Maureen Tonge <i>Pre-register and save!</i> <i>Sept 15 ONLY</i></p>
<p>7:15 – 8:45 PM <b>Adapted Yoga</b> <b>Yoga for MS</b> Christa Domchek <i>10-week session starts Sept 30 - Dec 16*</i> <i>No class Oct 14, Nov 11, or Dec 2</i></p>	<p>7:15 – 8:45 PM <b>Private Rental</b></p>	<p><b>Stay tuned to these evening spots for new classes starting in October!</b></p>				<p>7:00 – 9:00 PM <b>Restorative Yoga &amp; Healing Gong Bliss</b> Christine Lewandowski-Shannon <i>Sept 29 ONLY*</i></p>