



Collective Soul Space

March Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>12:10 – 12:50 PM Mindful Movement and Meditation Maureen Tonge</p> <p>5:30 – 6:45 PM Nia Johanna Tiemessen</p>	<p>12:10 – 12:50 PM Stretch & Strengthen Hatha Yoga Dawna Marriott</p> <p>5:15 – 7:00 Adaptive Yoga* Christa Domchek <i>Feb 25 - May 12</i></p>	<p>12:10 – 12:50 PM Pilates Anne-Marie Guedon</p> <p>5:30 – 6:45 PM Kundalini Yoga for Stress Relief Maureen Tonge No class March 4</p> <p>7:15 – 8:15 PM Heartfelt Hatha Yoga Heather Chang</p>	<p>12:10 – 12:50 PM Yoga Tune Up Anne-Marie Guedon</p> <p>5:30 – 6:30 PM Yin Yoga Dawna Marriott</p> <p>7:00 – 8:15 PM Chakra Yoga Healing Workshop* Denise Albert <i>Mar 5 - April 16</i></p>	<p>12:10 – 12:50 PM Nia Johanna Tiemessen</p>	<p>10:30 AM – 12:00 PM Traditional Hatha Yoga Heather Chang</p>	<p>10:00 AM – 12:00 PM Mysore-style Ashtanga Brie O'Keefe March 1 and 15 ONLY</p> <p>7:00 – 8:30 PM Full Moon Meditation & Gong Bath Maureen Tonge March 8 ONLY</p> <p>7:00 – 9:00 PM Restorative Yoga & Healing Gong Bliss* Christine Lewandowski-Shannon March 1 ONLY</p>

Studio address: 5102-50th Ave, Lower Level, Scotia Centre | For full class details, please visit www.collectivesoulpace.ca | *Session is pre-registered. Email us at cssnwt@gmail.com