



# Collective Soul Space September Schedule

**Fall into Bliss with our September Anniversary Special!**

**Monday, September 21**

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

Join us at the Studio from 12:00 - 1:00 to purchase in person, or send an EMT to [cssnwt@gmail.com](mailto:cssnwt@gmail.com)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Starting in October!</b> 12:10 – 12:50 PM <b>Energize Flow</b> Jahiele Paquin</p> <p>5:30 – 6:45 PM <b>Nia</b> Johanna Tiemessen <i>No class Sept 7</i></p>	<p>12:10 – 12:50 PM <b>Yoga Flow</b> Anne-Marie Guedon</p> <p>5:30 – 6:45 PM <b>Dancing for Birth*</b> Johanna Tiemessen <i>Sept 22 - Oct 27</i></p>	<p>12:10 – 12:50 PM <b>Pilates Tune up</b> Anne-Marie Guedon</p> <p><b>Starts September 30!</b> 5:30 – 6:30 PM <b>Heartfelt Yoga</b> Heather Chang</p> <p>7:15 – 8:15 PM <b>Sampler Series*</b> Various Teachers <i>Sept 23 - Meditation and Healing Gong with Maureen</i> <i>Sept 30 - Yin with Anne-Marie</i> <i>Oct 7 - Pilates Tune Up with Anne-Marie</i> <i>Oct 14 - Restorative Yoga with Christine</i> <i>Oct 21 - Heartfelt Yoga with Heather</i> <i>Oct 28 - Nia with Johanna</i></p>	<p>12:10 – 12:50 PM <b>Nia</b> Johanna Tiemessen <i>No class Sept 17 or 24</i></p> <p>5:30 – 6:30 PM <b>Yin Yoga</b> Anne-Marie Guedon</p> <p>7:30 – 9:30 PM <b>Intro to Taiko Drumming*</b> Nancy Mullick <i>Sept 10 - Oct 29</i></p>	<p><b>Starting in October!</b> 9:00 – 10:30 AM <b>Traditional Hatha Yoga</b> Heather Chang</p>	<p>7:00 – 9:00 PM <b>Restorative Yoga &amp; Healing Gong Bliss*</b> Christine Lewandowski-Shannon <i>Sept 20 ONLY</i></p>	
<p><b>These pre-registered series start this fall!</b></p> <p><b>Infant Yoga</b> Christine Lewandowski-Shannon Oct 14 - Nov 18   Wednesdays 10:45 AM</p> <p><b>Gentle Yoga and Quartz Singing Bowl Meditation</b> Jessica Bruhn Nov 4 - Dec 9   Wednesdays 7:15 PM</p>						