



Collective Soul Space

# January Schedule

Warm up to Winter with our January Punch Pass Special

**ONE DAY ONLY - Thursday, January 14**

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

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>12:10 – 12:50 PM</b> <b>Restorative Mindfulness</b> Christine Lewandowski-Shannon</p>	<p><b>12:10 – 12:50 PM</b> <b>Pilates</b> Anne-Marie Guedon</p>	<p><b>12:10 – 12:50 PM</b> <b>Yoga Tune up</b> Anne-Marie Guedon</p>	<p><b>12:10 – 12:50 PM</b> <b>Yin Yoga</b> Anne-Marie Guedon <i>Jan 7 and 14 ONLY</i></p> <p><b>12:10 – 12:50 PM</b> <b>Ayurvedic Rebalancing Yoga</b> Christa Domchek <i>Starts again Jan 21</i></p>	<p><b>12:10 – 12:50 PM</b> <b>Nia</b> Johanna Tiemessen <i>No class Jan 1</i></p>	<p><b>9:00 – 10:30 AM</b> <b>Traditional Hatha Yoga</b> Heather Chang</p>	
<p><b>5:30 – 6:45 PM</b> <b>Nia</b> Johanna Tiemessen</p>	<p><b>5:30 – 6:45 PM</b> <b>Dancing for Birth*</b> Johanna Tiemessen <i>6 week session Jan 12 - Feb 23</i></p>	<p><b>5:30 – 6:30 PM</b> <b>Heartfelt Hatha</b> Heather Chang</p>	<p><b>5:30 – 6:30 PM</b> <b>Foundations of Strength Training*</b> Anne-Marie Guedon <i>4 week session Jan 21 - Feb 11</i></p>	<p><b>5:30 – 7:00 PM</b> <b>Kundalini for Cats and Dogs (in Mo's honour)</b> Leslie Gray <i>Jan 29 ONLY</i> <i>Drop-in and pay-by-donation. Class limit is 9. All proceeds will be donated to the SPCA in Maureen's name. Sorry no pets allowed! ☺</i></p>		
<p><b>7:15 – 8:45</b> <b>New Year Intention Setting Workshop*</b> Christine Lewandowski-Shannon <i>Jan 18 ONLY</i></p>	<p><b>7:15 – 8:15 PM</b> <b>Private Session</b></p>	<p><b>7:15 – 8:30 PM</b> <b>Collective Soul Sampler Series*</b> Various Teachers <i>6 week session Jan 20 - Feb 24</i></p>	<p><b>7:30 – 9:30 PM</b> <b>Intro to Taiko Drumming*</b> Nancy Mullick <i>8 week session Jan 7 - Feb 25</i></p>			<p><b>7:00 – 9:00 PM</b> <b>Restorative Yoga Bliss*</b> Christine Lewandowski-Shannon <i>Jan 31 ONLY</i></p>