



Collective Soul Space

May Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>10:45 – 11:30 AM Infant Yoga* Christine Lewandowski-Shannon Last class May 17</p>					<p>9:00 – 10:30 AM Traditional Hatha Yoga Heather Chang</p>	
<p>12:10 – 12:50 PM Sloth Yoga Christine Lewandowski-Shannon No class May 24</p>	<p>12:10 – 12:50 PM Pilates Anne-Marie Guedon</p>	<p>12:10 – 12:50 PM Yoga Tune up® Anne-Marie Guedon</p>	<p>12:10 – 12:50 PM Ayurvedic Rebalancing Yoga Christa Domchek</p>	<p>12:10 – 12:50 PM Nia Johanna Tiemessen</p>		
<p>5:30 – 6:45 PM Nia Johanna Tiemessen No class May 17 or 24</p>	<p>5:30 – 7:00 PM Dancing for Birth* Johanna Tiemessen Last class May 4</p>	<p>5:30 – 6:30 PM Heartfelt Hatha Heather Chang</p>	<p>5:30 – 6:45 PM Yoga Tune up® Anne-Marie Guedon May 22 and 27 ONLY</p>			
	<p>7:15 – 8:15 PM Private Session</p>		<p>7:30 – 9:30 PM Intro to Taiko Drumming* Nancy Mullick Last class May 27</p>		<p>7:00 – 9:00 PM Restorative Yoga Bliss* Christine Lewandowski-Shannon May 16 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