



Collective Soul Space

July & August Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p>7:00 – 7:45 AM Gentle Morning Flow Heather Chang <i>Starts Aug 1</i></p> <p>12:10 – 12:50 PM Pilates Anne-Marie Guedon <i>No class Aug 3</i></p> <p>5:30 – 6:45 PM Nia Johanna Tiemessen <i>No class July 13</i></p> <p>7:15 – 8:15 PM Weekly Breathwork and Somatic Movement Classes Fia Grogono and Benjamin Lavigne <i>June 29 - Aug 3</i> <i>Drop-in or register for the 6 week series and save!</i></p>	<p>12:10 – 12:50 PM Yoga Tune up® Anne-Marie Guedon</p> <p>5:30 – 6:30 PM Heartfelt Hatha Heather Chang <i>Starts again Aug 4</i></p>	<p>7:00 – 7:45 AM Gentle Morning Flow Heather Chang <i>Starts Aug 3</i></p> <p>12:10 – 12:50 PM Ayurvedic Rebalancing Yoga Christa Domchek <i>No class July 1</i></p> <p>5:30 – 6:30 PM Yoga Tune up® Anne-Marie Guedon <i>No class July 1</i></p>	<p>12:10 – 12:50 PM Nia Johanna Tiemessen</p>	<div style="border: 1px solid black; padding: 10px;"> <p>Weekend workshops in July Fia Grogono and Benjamin Lavigne La mécanique du Coeur</p> <p>Saturday, July 3 and Sunday, July 4 9:00 AM – 4:00 PM Massage Training: 7 Belts of Tension</p> <p>Saturday, July 24 and Sunday July 25 9:00 AM – 5:00 PM Transcending Hypnosis</p> <p>Email info@lamecaniqueducoeur.com to register!</p> </div>	
						<p>7:00 – 9:00 PM Restorative Yoga Bliss Christine Lewandowski-Shannon <i>July 18 ONLY*</i> <i>Aug 29 ONLY*</i></p>